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P R E F A C E

THIS book is intended to serve as a practical dietetic guide to the invalid, and in its pages, it is hoped, the reader will find the food problem stated, not merely in terms of carbon, hydrogen, and nitrogen, etc., etc., nor, advancing a step, in terms of hydrocarbons, carbohydrates, and proteids, etc., but in the form of actual dishes which will prove both digestible and palatable.

The term "invalid" will be found to receive a very comprehensive definition, which, if it does not actually include health, will not exclude it. This is necessary, for it must be clear that no hard and fast line can be drawn between health and unhealth. So true is this that we have considered that such conditions as old age, in which the powers are failing, and infancy and childhood,

in which the powers are not established—*i.e.*, have not become stable—may with propriety associate themselves with the multitudinous forms of failure to reach the standard of health, or actual departure from this standard. Health, briefly defined, is life at its highest; unhealth, or the invalid state, is life at every level below this.*

For convenience' sake we accord individuality to states of unhealth which, broadly, present definite characters, and these constitute the long list of diseases. So far as is practicable, we shall take from this list the more important members—at any rate, those which may serve as types—and we shall endeavour in each case to state clearly the principles on which the dieting should be conducted, and then to exemplify these principles.

To do this rationally, it will be advisable that we should first sketch briefly the physiology of the subject.

* Old age and infancy are briefly referred to in the opening chapters: it has not been thought necessary to give them more special consideration in the second part of the book.

At the end of the book there will be found a number of recipes for the preparation of foods suitable to illness in its more acute stages; these constitute "liquid or slop diet," and to these recourse may be had if it be necessary to feed the patient before the arrival of the doctor; also, with his sanction, selection may be made therefrom during the course of the illness.

With this exception, no attempt is made to guide the feeding of the sick: this must be in the hands of the medical attendant. Very curious notions prevail among the uninitiated in this respect; and the doctor who should diet his patient and omit the prescription sacred to Jupiter, would incur serious risk to his reputation. Yet the diet may be alone at fault, and simple regulations as to this all that is needful. The days of our Fairy Tales are not quite forgotten, and, when all is said and done, the most matter-of-fact amongst us dearly loves a little mystery. Drugs have their place, and, in our opinion, a most important place; but diet in all cases takes precedence.

May we anticipate the critic, and add that a treatise in the present small compass cannot present the reader with dietetic intricacies, not to say eccentricities, but must restrict itself to teachings which have a more general currency. If these fail, the diet must be changed unhesitatingly and the organism humoured, however unorthodox or whimsical in its tastes. The Science of diet has yet to be written; till that time we must leave room for the eclecticism of the palate, and admit the fancy diet.

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Cookery for Common Ailments.

CHAPTER I.

FOOD AND DIGESTION.

"Our cupboard of food."—GEORGE HERBERT.

GIVEN life, the data upon which it is maintained are the food-stuffs proper, and certain other substances which, though essential to nutrition, are not usually classed under this heading. We may arrange as follows the nutritive principles:—

Sugars and starches (carbohydrates).

Fat and oils (hydrocarbons).

The flesh of bird, beast, fish (proteids or albumens).

Certain salts. Water.

In this list the technical names of the first three groups are appended; it should be added that the third group will with advantage be held to include the albuminoids, which, in the form

of connective tissue, constitute a large proportion of flesh or muscle. It is the connective tissue or tissues—present in flesh, present in bone—which yield us gelatine.

The first three groups occupy a position which is different from that belonging to the last two principles—viz. the salines and water; for, whereas the former are of very complex structure, and within the organism are broken up, to be again, to some extent, built up within the tissues into other complex bodies, the latter—comparatively simple in their structure—may either wholly escape such changes of decomposition, or suffer them to a correspondingly simple degree. The best example of the salt group is chloride of sodium—common salt—a substance most widely distributed, but it is to other members of this class that fruits and vegetables owe much of their value [in saying this, we do not overlook the nutritive value of these articles of diet, which they possess in virtue of the presence in their tissues of bodies belonging to the first three groups]. In a sense, water and the salines “condition” (or make possible) the complicated changes of analysis and synthesis to which

the term "nutritive" is generally restricted. The restriction of this term to the first three groups cannot be maintained; for though the function subserved by a drink of water is wholly different from that which belongs to a slice of bread or of meat, the one is as necessary to the vital processes as is the other.

With these qualifications, the above classes of bodies furnish us with the means of maintaining life. To them we must add the condition of a certain temperature; for this also is essential, the narrow range of a few degrees on the thermometer scale limiting the possibilities of vitality. We shall not be asked to place warmth on the list of nutritive principles, though it is quite true that we may starve from cold as well as from hunger. But what about stimulants? We have made no mention of alcohol, nor does it come under any one of the headings in the foregoing list: Is it a food? is it a drug? Scientifically, we should prefer to rank it as the latter, but practically it will not be possible to ignore its claims, sanctioned by immemorial custom, to at least a place on the side-board. This subject we shall discuss later.

Given life, then, and the means of maintaining it, the problem of diet puts the following questions:—

(1) What are the absolute quantities of food necessary for health?

(2) What are the forms best adapted for this purpose,

(a) to ensure the taking of food (*palatability*)?

(b) to ensure the highest assimilative values (*digestibility*)?

(3) What are the times at which food should be administered (*dietetic opportunity*)?

Question 2, in both its parts, belongs essentially to the domain of cookery.

To proceed to the consideration of these questions. The requirements of food are not, even in health, fixed quantities; they vary according to the conditions of personality, age, occupation, climate, etc., and as often as these vary, so will the answers to the diet problem. Each case must be dealt with on its own merits; but, as a rule, each individual receives from the organism placed at his disposal

intimations sufficiently clear to enable him to maintain the body in health, and thus the dweller in town or country, the occupant of the office or of the saddle, will be able to solve this question for the most part satisfactorily. If common sense and self-restraint will fashion the trencher according to the measure of the appetite, all will be well, and it will not be necessary to call in the doctor.

More obviously, the requirements in disease will vary. Here life proceeds on a different plane, a new balance having been struck. In such cases, however important may be the adjuvant treatment by medicine—using the word in its widest sense—diet is always primary. Here, as in health, we have the same digestive organs to consider. They may be enfeebled or positively diseased; but as long as there is a residuum of life the assimilative processes must persist. We will proceed, therefore, to consider the *digestive process*.

The act of digestion is a complicated process, having several stages. It begins with the taking of food into the mouth. Within this cavity the solid portions of the food are broken up, comminuted,

and intimately intermingled with the proper secretion of the mouth, the saliva. The whole process is termed *mastication*, but a special term, *insalivation*, is reserved for the intermingling of the saliva with the food. Mastication, however, is the larger term, for it involves insalivation. The teeth as cutting and grinding instruments, the tongue as a stirrer, the salivary glands to furnish the secretion—these are the parts concerned. In respect of certain solid foods the mouth serves only to disintegrate, to break up, and in this way to prepare for the next operation; but in the case of certain others, belonging to the group of the starches and sugars, it performs an additional chemical process. This latter results from the influence of the saliva upon the carbohydrates as a group; by it these are converted into more soluble or assimilable bodies. The active principle in the saliva is a ferment called ptyaline, and it serves the same function that an allied body, diastase, performs in the process of malting. The saliva by moistening the food enables it, after comminution, to be swallowed. This is a mechanical service which it will effect for all forms of solid food; but it

is an interesting question whether the saliva, as an alkaline fluid, does not perform yet another service, and facilitate in the stomach the penetration by the acid gastric juice of the masticated food. Be this as it may, it will have become abundantly evident that not only good manners, but good physiology, requires that we shall not drink with the mouth full; fluid thus drunk will, it is true, moisten and thus facilitate swallowing, but it will not replace the saliva which should have performed this office.

We would here insist upon the fact that the mouth does not concern itself with liquids, beyond passing them on. Such foods have no stage in the mouth; and the like is true of semi-solid substances, such as jellies, creams, custards, junkets. These may be swallowed along with a certain amount of saliva, but there can be neither comminution nor insalivation. In certain stages of disease we may, of a purpose and for various reasons, jump the stage in the mouth, and administer only liquid nourishment.

To one point we may with advantage draw attention—viz. that the process of mastication is

under our own control, and that we are directly responsible if the digestive act fails through its incomplete performance.

The next stage takes place in the stomach, for the fauces and gullet merely serve as conducting tubes between the mouth and the stomach. Within the latter organ the food remains a considerable time, and during the whole of this period it is subjected to the action of an acid secretion, the gastric juice. This fluid gradually permeates the contents of the stomach, the intermingling being facilitated by certain movements of constriction and relaxation of the walls of the organ; these movements are named peristaltic. Escape of the contents, either backwards into the gullet or onwards into the intestine, is prevented by firm contraction of the orifices of entry into and of exit from the stomach, so that during active gastric digestion this organ is a closed sac. The gastric juice owes its activity to two elements—the presence, namely, of a ferment named pepsine and of a free acid. Again we find that one particular class of food-stuffs is specially acted upon: this time it is the class of albuminous bodies, which

constitute the chief part of the flesh of bird, beast, and fish.

Digestion within the stomach lasts a variable period, dependent, on the one hand, upon the vigour of the stomach, and on the other upon the nature of the meal. As the process approaches completion, the more perfectly digested portions escape from the stomach into the intestine, the constricting muscle of the exit, or pylorus, relaxing to allow them to pass; but parts still unchanged, or imperfectly changed, appear to excite the muscle to renewed activity whenever they attempt to pass the outlet. They are thus retained till their conversion is completed. At first sight we are tempted to consider this selective action of the pyloric orifice as too intelligent; but it is no more so than the selective action of a certain mechanism in the air passages, named the glottis, which allows free passage, in and out, to air and moisture, but closes spasmodically if a pungent vapour attempts to pass with the air.

Beside the power to act upon the principles of meat, the stomach secretes a principle which curdles milk, curdling being the first stage in the

digestion of milk. Sugary substances also undergo certain changes in the stomach. The action upon flesh remains, however, the main action.

Stomach digestion contrasts with digestion in the mouth—if the term be allowable—in that it is not a voluntary process. We are unable voluntarily to influence the food when once it has reached the stomach; but, on the other hand, we are well acquainted with influences which do exert a modifying effect upon gastric digestion, and by regarding these we can at will seek or avoid disturbance. These influences operate also upon intestinal digestion, and we shall therefore postpone their consideration till after we have described this third stage.

The next, or third, stage takes place in the intestines. The food, modified by the gastric juice, having left the stomach, is now subjected to the action of the liver and pancreas, two important glands, which pour their secretions into the upper part of the small intestine. At the same time, the walls of the intestine also secrete a certain amount of fluid, called *succus entericus*, which probably, however, plays only a subsidiary part in intestinal

digestion. It will not be necessary to analyse the action of these several secretions ; it suffices to say that the mingled fluids continue energetically the digestion of starchy and gummy substances and of albumen, and that they further promote by emulsification and other changes the absorption of fats. Thus the third class of food-stuffs is now dealt with. The contents of the intestine in this stage will be found to have acquired an alkaline reaction.

When digestion—or coction, as the older physiologists described the process—has proceeded far enough, absorption begins ; and though it will not be denied that in health a certain amount of absorption takes place from the stomach, yet, as the structure teaches us, it is the small intestine which in this act plays the prominent part. The upper and middle portions of the small intestine absorb most vigorously, the lower portions to a relatively small degree. The small intestine terminates in the large intestine, a tract of some length ; but by the time the contents of the intestinal tube reach this portion of the tract, the assimilative process is practically at an end, and what

remains of the food is no longer nutritive. Thence onwards the intestinal tube is, to all intents and purposes, excretory only.

We shall do well to bear in mind, however, that though normally absorption takes place chiefly in one part of the alimentary tract, yet that every part of the tract from the stomach, even to the termination of the large intestine, may serve this purpose, provided we bring to the tract food in a suitable condition for absorption. Of this knowledge ample use is made in disease. In such cases the food is prepared by artificial means for the tract, and the organism does not cook its own meals.

We must further add, that in health the secretions of the alimentary tract do not favour putrefactive or fermentative changes, though the contents of the stomach and intestines are highly putrescible. In disease such changes are very prone to set in.

Intestinal digestion is outside the direct control of the will, but, like gastric digestion, it is liable to be modified by a number of disturbing conditions of which we have knowledge. We will now proceed to consider these.

It may be taken as axiomatic that the relative activity of one organ or system demands the relative inactivity of other organs or systems. We know that increased activity of a part involves increased afflux of blood to the part, and therefore, *pro tanto*, deflux from other parts. If now, during activity of one system, we make the attempt to use energetically another system, we shall of necessity interfere with the working of the former system. Thus severe mental effort during digestion, or great muscular exertion, will more or less disturb the act, delaying or even arresting it for the time being. The experiment by Sir Busick Harwood, quoted by Paris, is decisive on this point :—“He took two pointers, equally hungry, equally well fed ; the one he suffered to lie quiet after his meal, the other he kept for above two hours in constant exercise. On returning home he had them both killed. In the stomach of the dog that had remained quiet and asleep all the food was found chymified, but in the stomach of the other dog the process of digestion had scarcely commenced.”* It must not be argued, however,

* Paris, “Treatise on Diet,” fifth edit., 1837, pp. 121, 122.

that digestion cannot proceed adequately except the other systems are completely inactive. The moderate use of these latter, especially in health, does not disturb digestion. It is *effort*, not *exercise*, which is harmful ; and the relation between effort and exercise is so much a matter of habit, that we shall not be surprised to observe amounts of work performed without effort by the one whose habit is work, which the unaccustomed could not accomplish without severe and sustained endeavour. Quite different physiological conditions will be involved in these two cases, the one making no extra demand upon the economy, the other taxing its powers severely. Clearly that which would disturb the digestion in the latter case, would leave it uninfluenced in the former. This is an example of the almost indefinite powers of adaptation which the organism possesses, and to again quote Paris :—" We have daily experience to prove that the husbandman may return to his daily labour and the schoolboy to his gambols, immediately after a frugal meal, without inconvenience or injury ;* but the same degree of exercise in the case of a person of sedentary

* *Op. cit.*, p. 122.

habits or of weak stamina would probably arrest and subvert the whole process of digestion."

The rule, then, for us all—strong and weakly, healthy and sick—is the avoidance of strain, effort, tension during digestion; we shall in this way avoid best one of the causes of that sub-pectoral grief with which some of us are acquainted. The moral is less the complete shunning of work, than its habitual performance, for in this way effort will be felt less and less.

Violent emotions represent strain of another kind which may disturb digestion, but these we are more liable to be sought out by, than to seek for ourselves.

Exposure to cold or chill may result in an acute attack of dyspepsia. This, again, will be accidental; we need not caution as to this.

How necessary, on the other hand, to the proper functioning of the alimentary tract is a regular action of the bowels, we must urge; for this is a matter of considerable importance, and for which we are directly responsible, since it is so easily established by habit. It should, of course, be established in childhood.

To summarise very briefly : digestion recognises three stages, which succeed each other in regular sequence : a preparatory stage in the mouth, a gastric, and an intestinal stage. Together these constitute the digestive cycle. For the proper performance of the first we are directly responsible; for the other two we are indirectly responsible, to the extent of avoiding certain well-known disturbing influences.

There remains another point of view from which to regard the digestive act—viz. the time necessary to complete it. Upon this depend the practical questions, What shall be the number of meals ? and What the interval between successive meals ?

The stage in the mouth—*i.e.* the period of mastication—demands some thirty minutes, more or less. Society has considerably protracted this period; but then the meal has ceased to be a real necessity—it has become a pastime and a fine art. This stage, indeed, can be shortened almost *ad libitum* provided we select and prepare our food accordingly. In childhood and infancy, where the food is milk and teeth a superfluity, the meal is taken in a

surprisingly short time. In adult life we may, in cases of sickness, copy this method, and reduce the digestive act from three to two stages. The stage in the stomach will occupy a variable period, according to the nature of the food and the state of the stomach. Nothing exact can be said of its length, but it is probably measured by hours—at the least, two or three. The third, or intestinal stage, in like manner cannot be accurately measured; but it also is probably measured by hours. The intestinal stage—continuing, as it does, the gastric digestion of albuminous bodies—supplements the latter, and hence, should the stomach have emptied itself relatively early, the intestinal process is likely to be relatively prolonged.

This dovetailing of the two processes increases the difficulty of apportioning to each its time limits. Taking the two stages together, we may safely count them as lasting, at the least, four hours and a half to five hours.* Though these two acts supplement each other, there are reasons for believing that they are to a certain extent antagonistic,

* Four to seven hours is the estimate of a careful observer of the duration in health.

and cannot go on simultaneously without mutual interference. It is the merit of Dr. Paris to have drawn special attention to this matter, and to have shown that to start anew the process of gastric digestion, before the completion of the intestinal stage of a preceding repast, is almost certain to delay both processes. This is most important ; for there can be no doubt that the present tendency is to take too many meals, and to make the intervals too short. Should a dyspeptic state have arisen from such or from other causes, it is the common practice to treat the enfeebled organs by smaller quantities of food at shorter intervals, on the ground that we shall tax the powers least in this way. The plea is plausible, but the practice is in the great majority of cases undoubtedly harmful. On this doctrine of *little and often*, Paris quotes the "specious aphorism of Sir W. Temple," "that the stomach of an invalid is like a schoolboy—always at mischief unless it is employed," and comments very severely on the harmfulness of the teaching. The truth is that in such cases we should endeavour to lengthen, and not shorten, the intervals, in order to rest the organs and enable them to recover their

vigour. This does not mean that, in exceptional cases, the maxim *little and often* may not hold true—*e.g.* in grave illnesses, in which the intestinal tract is both feeble and irritable, resenting in particular food in bulk. Here our hand is forced, and we must give at frequent intervals because we cannot give in quantity. But, after all, these cases are of the nature of crises, which temporarily we tide over as best we can; and even in these we endeavour to make the intervals as long as possible, having recourse, if needful, to other modes of alimentation—as by rectal injections. Wherever the method “little and often” is forced upon us, we must make the food correspondingly easy of digestion; for in this way we lessen interference. Indeed, if we artificially pre-digest the food, the alimentary tract does little more than absorb, and we have no real digestive act.

As to the number of meals and the intervals between them, this cannot be set down arbitrarily for one and for all. A liberal amount of common sense is required in setting forth a dietary; but we may say broadly—

(1) That three meals a day suffice.

(2) That the intervals should not be less than four hours and a half to five hours.

A very good arrangement is—breakfast at 8 a.m., luncheon or dinner at 1 p.m. to 1.30 p.m., and the evening meal at 6.30 to 7 p.m. Whether the midday or the evening meal should be the dinner will depend much upon circumstances and the exigencies of the day's routine.

And what about the afternoon cup of tea? If strictly limited to this, and it does not partake of the nature of a meal—even of a light one—it may be allowable. There are strict rules to be observed in the brewing of the tea. But if the patient be dyspeptic, reform will, as a rule, have to commence with the abolition of this pseudo-meal; and in the vast majority of cases the taking even of a small quantity of food with the tea will do harm, by taking off the edge of the appetite for dinner. *To be taken thrice daily*, the familiar formula of the prescription, should be written large in the refectory or dining-room.

CHAPTER II.

KINDS OF DIET.

“Van Swieten has justly said that ‘to assert a thing to be wholesome without a knowledge of the condition of the person for whom it is intended, is like a sailor pronouncing the wind to be fair without knowing to what port the vessel is bound.’”—PARIS, “Treatise on Diet,” fifth edition, p. 222.

OF what shall the meals consist? and what shall the quantities be which we should take? These are the second and first questions in the diet problem which we have already put; the third question, as to the times of taking food, has just been briefly touched upon. It is the object of this book to consider in detail the questions of quality and quantity, but we may, with advantage, set forth here some generalities.

And first, with regard to quantity: we may say that in health the appetite will regulate better than the scales; for no fixed routine of diet can

meet so satisfactorily the varying needs of the body as that varying quantity, appetite, the inconstancy of which they themselves occasion. The laws of supply and demand vary, not only with each organism, but they fluctuate from day to day. Of the needs of the body the appetite is the expression, and the digestive powers will prove equal to the performance of the task which it imposes. It is true we are told to leave off the meal "with an appetite," and that this maxim will be found to be a reliable guide in many ways; but it is hard to put in practice, and it is by no means certain that it is the whole truth. The fact is, we can carry on our diet at two levels—a lower and a higher—and still be within the bounds of moderation and retain our health. It is also a fact that sustained effort can be made on the lower-diet level. But there is something more than sustained effort to be considered. There is that other something which we denominate "Go," and which we may describe as tension; this it is which occasions that unrest of mind or body which impels the organism, and which underlies much enterprise. Now, there are some reasons for believing that the higher diet-level favours the development of "Go,"

of which we can make a right or a wrong use ; and it is unquestionable that high diet depends for its stimulant character perhaps as much on the quantity as the quality of the food. When we speak of high feeding, we do not mean the use of spices and the thousand-and-one incentives which the cook's art invents ; we refer neither to the gourmand nor the gourmet. We simply mean a reasonable satisfying of the appetite (not a "surfeit of lampreys"), as against the use of the curb-rein. The saint has mostly chosen the latter method ; but the busy, energetic, practical, and enterprising worker in all departments of industry may, without being a sinner, find that life at its high level of activity is best maintained on the high level of diet. It is probably impossible to dogmatise on these points ; there is truth in both directions.

In disease, on the other hand, the scales will often have to be put against the appetite ; and notably is this the case in the graver forms of illness.

What are the quantities which the scales and the measure declare to be necessary to the support of life, when the appetite no longer guides us ? This

will depend upon the quality of the food, and we shall therefore pass to this subject.

Van Swieten, in the dictum we have quoted, says well what the proverb says more tersely: "One man's meat is another man's poison." As usual, this is the proverbial half-truth; for, taking mankind *en masse*, one man's meat is another man's meat. It is with exceptional states, however, that we deal, and for these the proverb has much force, and we must bear it constantly in mind whilst reading the following general statements. In a minority of cases they may not apply. We now propose to consider *seriatim* the more important articles of diet, and we shall do this on the following plan—viz. we shall begin with those articles of diet which are most easily borne, and thence we shall proceed up the scale till we reach the full dietary of the healthy adult.

MILK.

This is a complete food, which suffices the infant in the first months of life, and which all through life may be taken, as a rule, with advantage, and to which in crises we may revert as the

sole article of diet. If you are in doubt, give milk: this is safe doctrine.

By simple methods or observations we can show that milk is a compound food. If it stand, globules of fat rise and form the layer of cream, which we can skim off. If it go sour, or we add rennet under suitable conditions, we separate a substance known as curd, and which belongs to the class of albuminous compounds. At the same time that the curd separates out, the whey does so also. This whey is a thin liquid with a sweetish taste, the sweetness being due to the presence of a sugar, called sugar of milk. It is this saccharine substance which in the formation of Koumiss or Kefeer ferments. Whey, further, contains certain salts. We see, thus, each class of aliment represented—fats, albuminous bodies, sugars, and lastly, salines.

The importance of this knowledge of the composition of milk is that it enables us to modify milk, should occasion arise, by withdrawing this or that constituent which may not be deemed suitable, or by altering in some way these constituents.

To apply this, let us suppose that the milk

disagree either with the infant or the adult. We may proceed as follows :—

(1) We may boil the milk and remove the skin (curd) which forms. By this means we render the milk more digestible. Repetition of the act a second or third time may be advantageous.

(2) We may dilute the milk with water or barley-water, rice mucilage, a weak solution of isinglass, or white of egg. In this way we lessen the concentration of the milk, and the curd tends to separate in smaller floccules. Of diluents, barley-water is probably the best.

(3) We may dilute and add an alkali—*e.g.* a few grains of bicarbonate of soda to the pint of milk—or lime-water, from two or three tablespoonfuls to the pint up to one-third part, or even one-half. We tend thus to correct any sour tendencies of the stomach, and probably also beneficially affect the form of separation of the curd.

(4) We may combine with the alkali some simple carminative, such as cinnamon-water.

(5) We may give some stimulant, brandy or rum, in quantities from a few drops, for the infant, up to teaspoon-, dessert-, or tablespoonful doses.

(6) If the stomach, thus assisted, cannot digest the milk, we may assist by pre-digesting it: a process which we term peptonising. Benger's liquor pancreaticus or Fairchild's zymine, among many other preparations, may serve for this purpose.

In all these operations the element in milk which we regard with most suspicion is the curd, and hence another course open to us, should one milk disagree, is to change it for another less rich in curd. Arranged in descending order of digestibility, we have goat's milk (least digestible), cow's milk, ass's milk, and human milk (most digestible). As far as curd-richness is concerned, the order will be reversed; for goat's milk is richest in curd, ass's and human milk least rich. Ass's milk comes nearest in composition to human milk; it contains even less casein (curd). A milk approaching the composition of human milk is now prepared artificially on a large scale from cow's milk, and known as humanised milk. Ass's milk is prohibitively dear.

Should the selection of another milk not help us we must then try an *incomplete* milk—*e.g.* we may

remove the cream or butter from the milk—*skim milk, butter milk*; or we may further remove the curd and drink the whey. To the whey we may return the cream which we have removed before curdling the milk, or we may withhold it. To such incomplete milk we may apply any of the procedures which we have just enumerated as applicable to *whole* milk.

Should all these means fail, we should never omit to give Koumiss (also called milk-wine and milk-brandy) a trial. It is a most excellent modification of milk, and is at times tolerated when nothing else is; there is present about two per cent. of alcohol. Supposing milk is borne, but we do not wish to advance beyond it, we may, to vary the monotony, safely give it in the form of junket; for the curdling will of necessity take place in the stomach, and to perform this operation beforehand can do no harm. Moreover, the patient has the satisfaction of partaking of solid or semi-solid food, liquid food not counting in his eyes as nourishment.

But suppose that milk is not only tolerated, but that, whilst unwilling to advance beyond it, we wish

to add to its nutrient powers. In such case we may enrich it by the addition of cream, or we may effect the same more cheaply by immersing in the milk some mutton suet enclosed in a muslin bag, and simmering the whole. This should be done tentatively as to quantity, beginning with, say, a heaped teaspoonful or less of chopped suet to the pint of milk, and advancing to larger quantities so long as the stomach is not averse and the milk appears to be digested. Such milk may be described as super-added milk.

And the quantities? If a hand-fed infant of six weeks old be receiving and digesting half to three-quarters of a pint of good cow's milk, properly diluted, we need not be unhappy—at least till the doctor comes; and in like manner, if an adult, resting, is taking as his sole food between three and four pints of milk in the day, we may be quite content; we should ourselves favour the lower rather than the higher limit. It has been stated that there is as much nourishment in a pint of milk as in a good-sized chop, and it is probable that the estimate does not over-state the relation.

MEAT BROTHS.

The next article of diet which we may always give safely is meat broth. This may be prepared from beef, mutton, veal, or chicken. Beef-tea is the best representative of the group, and is much more largely used than any of the others. These infusions represent very different nutritive values, even when prepared from the same meat, according to the mode of preparation. As usually made with boiling water, however prolonged the boiling or however slowly the temperature is raised to the boiling point, the most nourishing portions of the meat—the albumens—are coagulated and left behind, the water taking from the meat its salts, certain complex bodies called extractives and gelatine, and no more. These principles, however, neither singly nor in combination, can support life. This has been abundantly proved for gelatine by widely-extended experiments, which, starting with the preconceived notion that the gelatine contained in soups was the only nourishing part of the soup, has yet been unable to establish the fact. The subject was most fully gone into during the early years of the French Revolution, when the

question of the most economical means of efficiently feeding the army and the people was of national importance. Neither preconceived notion, then, nor the urgency of a drained exchequer, have been able to convert gelatine into a complete food. Yet it has a value; which modern science has proclaimed to be that of protecting or replacing those albuminous bodies which would otherwise suffer decomposition within the tissues.

It is important that this should be realised; for we all start with the conviction that the nutritive value of our meat extract is established when it sets to form a jelly; nay, more—that it is proportional to the stiffness of the jelly. Let it be clearly understood that gelatine has a value as a food, but it is not in itself a *complete* food, nor does it become such when the stimulant qualities of salts and extractives are associated with it. It is in this latter respect, perhaps, that the broths are of chief value—viz. in their refreshing or stimulant powers; and at the risk of being paradoxical, we would say that in a sense the value of meat broths depends upon their low nutritive powers; for, being rapidly absorbed and readily

dealt with in the tissues, they tax very slightly the powers of assimilation. They thus bring their stimulant action to bear at very little cost, so to speak; and in a manner we take a cup of strong beef-tea much as we would take a dose of alcohol: in the majority of cases we shall do so with much more benefit.

The combination of beef-tea with milk thus constitutes an excellent diet, which is specially adapted to meet grave states of depression. *Ad interim*, such may always be given with perfect safety. As to quantity, three pints of milk and a pint of strong beef-tea would constitute a sufficient dietary for an adult.

But should milk in all its forms disagree—and such cases arise both in infancy and adult life—we may, by adopting certain precautions, obtain in the liquid form from meat a much more nourishing food than any form of meat broth.

(1) Beef-tea may be made in the ordinary way, and then to this fluid we may add varying quantities of raw meat which has been reduced to the finest pulp by scraping, soaking in water, pounding in a mortar, and then rubbing through a fine-wire

sieve. With the addition of a little salt, such an admixture is very palatable, the taste of the raw meat being effectually disguised. The beef-tea, when the meat-pulp is added to it, must not be very hot, or the albumen of the pulp will be coagulated, but it may be warmed: the mixture is very suitably taken cold or iced. As to proportions, we may feel our way gradually; but it will be found that one ounce of pulp mixes well with two ounces of beef-tea. The stimulant effects of such supplemented beef-tea would be first felt, and upon this would follow the assimilation of the meat.

(2) By means of a ferment—*e.g.* pepsine or pancreatine—and moderating the temperature, we can straightway produce a liquid which as a food has a high nutritive value. The albuminous bodies of the meat are, by such means, largely converted into forms ready for absorption. Such broth is described as peptonised: it is stimulant, highly nutritive, and readily assimilable.

There are a few good commercial preparations of peptonised meats.

(3) By means of common salt and soaking in cold water, with subsequent pressure and careful

filtration, we can obtain from meat a fluid containing some of the albumens in solution. This is of the nature of a dilute meat-juice. By the addition of an acid—*e.g.* hydrochloric acid—we may facilitate the extraction of the meat. This fluid must not be heated.

Here will come the long list, daily increasing, of meat-juices, fluid meats, and meat extracts, etc. They are, some of them, valuable adjuvants; but in the case of many, if the attempt be made to rely on them alone, we shall need to give quantities which would risk poisoning the patient with extractives. In other words, these preparations are disproportionately rich in extractives and salts. Their proper place is that of auxiliary stimulants, and they require to be cautiously selected. To credit all the wonderful things said about them we must be possessed of much faith, of the kind which has been defined as that gift or power which enables us to believe that which we know to be impossible. And to think that they are to be obtained from common meat!

Clear meat soups belong to the category of broths; bones are generally made use of as part of the stock,

and such soups contain more gelatine than where meat alone is used. Gelatine, we have seen, is valuable as an ingredient, and soups of this kind may in most cases be allowed, even to very delicate stomachs. Soups thickened with meal of various kinds are less digestible, but the use of such will be considered later. Vegetables are frequently added to soups, but in the invalid state they are often inadmissible. On the other hand, a flavouring of herbs might be advantageously used much more than it is; and for this purpose vegetable essences are convenient, though we may readily use the vegetables themselves by enclosing them in a muslin bag, and boiling them thus along with the soup. We must be prepared to withhold these flavourings should there be the least intimation of difficulty of digestion.

Meat jellies and calf's-foot jellies will rank with liquid rather than with solid foods: their solidity is, perhaps, as much feigned as is the fluidity of milk. Gelatine is the constituent which causes the setting of the liquid into the jelly state. We may try these preparations, therefore, during the stage of slop diet if the patient feel any desire for them;

but in general, where there is much disturbance and debility of the alimentary system, there is an aversion for all kinds of solid food, and even for their simulacra, and hence the jellies are usually put aside till commencing convalescence.

EGGS.

The addition of eggs to the diet will constitute the next advance. Egg is a complete food for the embryo bird,* and it is highly nutritious to man. The contents of the shell are easily separable into the two parts: white and yolk. The former is little else than a solution of albumen; the latter, besides a modification of albumen, contains much fat. The starchy and saccharine group is scarcely represented in either. There are various salts. It is estimated that an average fowl's egg will contain about as much albumen and fat as a quarter of a pint of milk; but then the milk will contain sugar as well. It is also reckoned to be the equivalent of rather under an ounce and a half of fat

* This statement must be held to apply to the whole egg, shell and all: for during incubation the earthy salts of the shell are to a large extent dissolved and incorporated.

meat. Computations have been made as to the number of eggs which, as sole dietary, would have to be taken to cover the needs of the organism for albumen, and it has been set down as twenty; this for a healthy man.

Eggs raw or lightly-boiled are easily digested, but hard-boiled they are indigestible.* In the latter form they tend to constipate, whilst raw they are laxative. In the raw or lightly-boiled egg the white is the more digestible part; the yolk is less so, owing to the richness in fat and the greater concentration of the aliment. In the hard-boiled state the white is the more indigestible. The yolk is, of course, more nourishing than the white.

We may make use of either part of the egg separately: this will be analogous to the use of the several forms of incomplete milk already mentioned. Demme's solution of white of egg consists of a dilute solution of the white, with a little sugar and cognac.† This fluid is of much value in the

* This is the current view amongst both medical men and the laity, but one accomplished physician, an authority in dietetics, recommends the hard-boiled egg to his patients.

† The whites of two eggs to a pint and a half of water, with the addition of a little sugar and cognac.

treatment of irritable states of the stomach and intestines in infants, and it may for a short time replace milk. In similar states of the body at all ages it would be useful. In like manner the yolk of egg may be broken up, with hot water and sugar and orange-flower water added, or cognac or rum. This is the *lait de poule*.* In the British Pharmacopœia the mixture of spirit of French wine is an egg-flip in which the yolks are used.

The whole egg—white and yolk—or the yolk alone, is frequently administered beaten up in milk, with or without the addition of a stimulant—*e.g.* brandy. The yolk of egg, or the whole egg, may be conveniently smuggled into the cup of tea or coffee where these are permissible.

The curious phenomenon of idiosyncrasy or individual susceptibility is very pronounced for eggs, some people being unable to take them in any form.

Thus far we have described what is usually spoken of as slop diet—milk, broths, eggs (raw or very lightly boiled). Perhaps we ought to exclude

* Yeo : "Food in Health and Disease."

the latter (eggs) when cooked, however lightly. Such food, being of the lightest kind, *may* be given at frequent intervals, according to the maxim "little and often." At times it *must* be so given; but whenever, even on this diet, we can safely stretch out the intervals, and administer small meals, so to speak, we should do so.

Included under the heading slop diet are a variety of farinaceous preparations—*e.g.* arrowroot, cornflour, gruel, barley-water and barley-jelly, rice-water, bread-jelly, etc. These preparations are mucilaginous and very bland, or demulcent, as it is technically called. Rice-water, barley-water, and water-arrowroot are the best of them, and if made thin can be borne in most cases; but the others do not diminish, but rather add to, the difficulty of digestion, and chiefly because of the fermentable character of the starch which is their principal constituent. They tend to produce flatulence. Soups thickened by means of flour or such-like are, therefore, less digestible than clear soups. The meal obtained from peas, lentils, etc., is highly nutritious, but very unsuitable for weak stomachs.

Where the stomach is able to cope with these additions the general nutrition will be the gainer ; in these cases we shall find that milk or broths will bear thickening with tapioca or sago, and probably that rice, well boiled, may be taken. From milk thus thickened we pass, by easy stages, to milk-puddings, which we can have more or less milky, to taste. The addition of eggs to such puddings increases decidedly the difficulty of digestion, and they should not be allowed, therefore, at first.

We should add that the most suitable drinks for quenching thirst during the slop-diet stage will be : water (iced or not), a thin barley-water or rice-water, or the old-fashioned toast-and-water. We may sweeten slightly and flavour with lemon-peel the first three drinks, if this be fancied. Whey is sometimes liked, and it has the advantage of slight nutritive properties. Plain water—sipping hot—will in not a few cases be found very comforting and thirst-quenching ; it obviates the “floods of wash,” which appease only temporarily the thirst and cause discomfort to the stomach.

FISH.

The next step will be from slop diet to solid food. Fish is the lightest form of solid aliment, and we commence, therefore, with this. We may sum up briefly the principal points about fish diet:—

(1) The fish should be white-fleshed—*e.g.* whiting, cod, flounder, plaice, sole, haddock, brill, turbot. The whiting has earned for itself the title, “chicken of the sea” (Paris); and deservedly. In the above list the turbot is probably the least digestible, because of the firmness of its fibre. The viscid gelatinous skin of fish is not reckoned so digestible as the flesh itself.

Various opinions are held about the value of oysters: they are certainly nutritious, and they generally count as digestible. Dr. Paris considers they have been over-estimated; still, on occasion we may give them the benefit of the doubt and try them. They should not be cooked.

For those who can eat and digest herrings, mackerel, eels, salmon, there will be no sympathy found in these pages.

(2) Boiled fish is the most easy of digestion.

Broiled or grilled fish comes next. Fried fish is least suitable. In boiling fish, hard or salt water should be used.

(3) Salt is an indispensable accessory to fish diet.

Fish in general, and in particular the more digestible kinds, is very non-stimulant. In this it contrasts with meat. For this reason we may with advantage add to the dietary a little strong and clear soup, and this should precede the fish.

We have now reached the stage of small meals at definite intervals, and we are, of course, permitted to include in the dietary all those articles and preparations of food which we have previously enumerated. Milk puddings—*e.g.* of rice, sago, tapioca—custard (boiled), jellies: these may serve to select from. Small quantities of stale bread, of thin dry toast, and of sponge-fingers, will probably be allowable.

For drink: water, plain, or if need be qualified with a little good spirit (preferably whisky)—Mynheer Van Dunck's method not to be adopted—a sound claret, a Burgundy, or even a little dry sherry.

Tea, coffee, cocoa: shall we allow these? Much

will depend on previous habits and tolerance, natural or acquired ; but in general coffee is least suitable ; tea will come next ; cocoa will be the best. If tea be taken, it should be weak and infused quite freshly, and for not more than two or three minutes. If cocoa be selected, we should use an infusion of the nibs as the best form : its bitterness and thinness will generally prove acceptable.*

BIRDS.

Ascending the scale, we next proceed to meats ; and first the flesh of birds. Of the fowl, guinea-fowl and turkey, the flesh is white, delicate, and easy of digestion, and we may select one or other with advantage. Fowl is in much demand, and may be said to be almost the *pièce de résistance* of invalid dietary. Such food is but little stimulant. The flesh of ducks and geese is much more tasty, but it is correspondingly more difficult of digestion, the fibre being harder and richer : it is not permissible. The flesh of game is more stimulating than that of white-fleshed poultry, and it

* Tea or cocoa will often be permissible during the stage of purely slop diet.

possesses more flavour, at the same time it is nearly as digestible, and sometimes even more so. This quality it owes in part to the absence of fat, and in part, probably, to the appetite which it provokes. The partridge, pheasant, and, perhaps, quail are good examples of this class; some consider quail too rich for invalids.

The pigeon ranks neither as poultry nor as game; it may be kept in reserve to relieve monotony.

The flesh from the breast or wings of birds should be chosen, as the most delicate. Boiling and roasting—in the latter case with free basting—are the best modes of cooking birds.

In the case of birds, as in that of fish, the more digestible are those which contain least fat.

Hare and rabbit are generally classed along with birds rather than with butcher's meat. Hare is very flavoursome, and when young it is counted fairly digestible. It is a stimulating diet. On the whole, it is best reserved until it can be taken in all its glory of seasoning and accessories. From the point of view of the invalid, rabbit is perhaps more suitable, though at best it is but an indifferent sort of food.

BUTCHERS' MEAT.

We reach the last stage in our progress at the shambles, and henceforward, by the help of a few precepts, trust to be well rid of the invalid state.

The most digestible of the meats is mutton : its fibre is darker and less tender than that of lamb, but in spite of this it is generally admitted to be more digestible. Lamb is hence more for the epicure than the invalid, and it is its tenderness which makes it the *bonne bouche*, for it possesses less flavour than mutton ; it is also less stimulant.

Beef comes decidedly after mutton in point of digestibility, being of much firmer texture. It ranks as more stimulating ; and that this is a true estimate is, we think, sufficiently evidenced by the much greater stimulant powers of beef-tea than of mutton-broth.

Veal compares with beef as lamb does with mutton : it is both less strengthening and less assimilable. It, like lamb, is more gelatinous than the flesh of the older animal.

Pork is wholly unsuitable for the invalid,

but bacon, curiously, is more digestible than pork, and may on occasion be allowed to the dyspeptic.

Venison is disqualified by its high flavour, though, as Pavy points out, its fibre is easily digested. It compares with mutton as game does with chicken.

Salted meats are not digestible, nor are cured meats in general, though bacon, as we have said, occupies an exceptional position. We would warn against cured tongue, in particular.

Certain parts of the animal are specially selected as articles of diet ; but for the invalid we need only mention two—the sweetbread of the calf (there are two varieties of sweetbread) and tripe. Sweetbread, simply dressed and cooked, is very tender and suitable for the invalid ; its want of flavour is one qualification, its friable texture another. Tripe is reckoned digestible, but for the invalid the fat should be removed. The structure of sweetbread—and, one may also say, of tripe—is quite different from that of the meats.

As to cooking, boiling in general gives a more insipid, but a less rich, and therefore more

digestible, food than roasting. Baking is not so good a method of cooking.

VEGETABLES AND FRUITS.

Vegetables and fruits remain for consideration. As a class, vegetables come late into the dietary, the majority of them requiring vigorous digestive powers. For this reason the pea and bean tribe must be excluded from the invalid dietary, though the pulses, as they are termed, are highly nutritious.* The difference, however, in digestibility between very young green peas and those which have reached "a certain age" is striking. Esculent roots and tubers, turnips, carrots, parsnips, Jerusalem artichokes, must also be excluded as decidedly indigestible. Of esculent vegetable-fruits, some count the marrow as digestible; but this sub-class, which further includes the cucumber (cooked, of course) and the tomato,

* This statement is perhaps too absolute, for certain of the pulse meals modified somewhat by preparation, constitute both a nutritious and digestible food, and thus the *Revalenta Arabica*, which consists chiefly of lentil meal, suits well some invalid states. After all, this is to some extent a *prepared* food.

is of doubtful advisability. The green vegetables may be admitted in part; the best will be cauliflower and broccoli, Brussels sprouts, spinach: these should be plainly boiled. When cooked, seakale and celery will prove very wholesome and digestible; and we must not omit boiled lettuce.

Of all vegetables, one of the first to be admitted will be the potato, in the floury or mealy state. In no other state is it permissible. This is best brought about by roasting the potato in its skin: mashing does not contribute to the digestibility. In some dyspeptic states, however, potatoes must be entirely forbidden. Potatoes vary much in size, and to allow "roast potato" does not imply consent to a whole potato. When vegetables are admitted, it must be in great moderation.

An excellent substitute for vegetables will be plain boiled rice, eaten, with salt, along with the meat.

We shall not forget that, where vegetables and herbs are not permitted, their flavourings, as obtained by means of essences, may be allowed. Of this we have already spoken.

Condiments are mostly employed at the meat

and vegetable course. They are, for the most part, not required in health; but where digestion is sluggish they sometimes supply that degree of stimulation which the plain food fails to supply, and in this way they promote digestion. This is the philosophy of condiments. We avoid their use as much as possible in invalid cookery. Salt, of course, is not a condiment: it is always in place.

Fruits.—The dessert is a superfluity which requires health to enjoy and digest. The old saying that fruit is gold in the morning and lead at night has much of truth; and even in health we hold the dessert to be, at the least, unnecessary. The invalid with weak digestion must forego fruit, with few exceptions.

Stone fruits are the least digestible as a class; but the ripe peach may sometimes be allowed, and sometimes the apricot; the skins will, of course, be avoided.

The apple, however ripe, is not to be thought of, but the pear may, on occasion, be considered.

The small-seeded fruits—the ripe strawberry

and raspberry in particular—are among the most wholesome, according to Paris.

The orange is permissible in most cases; but we must carefully reject the white or inner skin, and, better still, we shall only crush the fruit in the mouth, and swallow the juice, leaving the pulp.

Grapes, avoiding the skins and the seeds, are suitable in nearly all cases. The orange and the grape, with these qualifications, are undoubtedly the safest.

Nuts of all kinds we need only mention to insist upon their harmfulness.

“By cookery, fruit otherwise unwholesome may be converted into a safe and useful aliment” (Paris). In particular, the baked apple must be mentioned.

Bread, etc.—Bread may form an accompaniment of every article of diet, itself being a valuable food. We have already touched upon its use, but we may here add that for the invalid we shall choose white bread; that the lighter varieties are the best; that the bread shall be sufficiently stale to crumble in

the mouth when masticated: if it mass itself together it is unsuitable, for the juices of the alimentary tract can then penetrate it only with difficulty. Toasted in the form of thin slices, its digestibility is improved, and this is a ready way of making stale bread palatable.

Wheaten flour in the form of rusks, of tops and bottoms, and of some of the lighter plain biscuits, is digestible. Some of the lighter and drier sponge cakes are also of value.

No other forms should be allowed. Baked and boiled pastry are very unwholesome. Cakes of all kinds are bad. Batter puddings and pancakes are very unsuitable, and even macaroni is not easy of digestion.

As to the whole-meal bread, much nonsense has been written about it. No doubt it is more nutritious, if the question be of living solely on white or brown bread; but with a mixed diet we can easily supply all that the body needs, and forego that most indigestible husk, with the small quantity of albuminoid nutriment which adheres to it. With some, however, the husk seems to partake of the nature of a conscience clause.

FOOD AND AGE.

The foregoing is a sketch only, the outlines of which will require filling up for each individual. We shall now proceed to consider in detail certain states of body—vices of the system, acquired or inherited—for which special dietaries have been established by experience. Before we do this, however, let us consider if, in the natural course of events, the stages—infancy, adolescence, maturity, decay—require special dietetic treatment. These stages are essentially of health; and we have as little right to term morbid the downward path of old age, when vitality is on the wane, as we are justified in applying the same term to the growing stage of childhood, when vitality is on the increase. Still, though they are of health, yet we may with advantage give them brief attention.

During the edentulous period of infancy the *menu* of the hand-fed infant is, or should be, charmingly simple: milk, complete or incomplete, modified or unmodified, is the sole dietary. We have said enough already on this subject, but we may add that when milk, modified in various ways

cannot be digested, the condition is distinctly morbid, and the treatment should be in the hands of the doctor.

When the teeth begin to appear, although they are yet unfit for masticating purposes, we may admit into the dietary some farinaceous food—*e.g.* one or other of the patent “prepared” foods or meals, biscuits, bread, jelly, etc. The quantities will be, as a rule, under advice, and we need not specify further.

A little broth or beef-tea, a small quantity of milk-pudding, some lightly-boiled egg, a little gravy with potato or bread-crumbs, some scraped or pounded meat, boiled white fish, etc.: by these advances we shall proceed up to the age of two years; but during the whole of this period the staple article will be milk.

From two years onward, with a mouth full of eager teeth which should be taught the full value of mastication, we shall for some years longer yet rely on milk as in the first rank of suitable foods, and especially during the years of active growth. As a reminder of this, we may recall the name, “milk-teeth,” for the first set. Indeed, all through

life, if milk can be enjoyed and taken in quantity not less than a pint a day, it will form, so to speak, an excellent basis. Of one gentleman, to our knowledge, whose fondness for milk was explained as the result of his never having been properly weaned, this taste must certainly be reckoned among his virtues.

The permanent teeth begin to replace the milk set from the seventh year onwards. These are meant for serious use on the plainer kinds of food: bread, potatoes, milk-puddings, eggs, plainly-dressed meats, bacon, fat, butter, vegetables, fruits: and from such materials we can build up the tissues of our bodies; but all through the period of childhood and adolescence it would be a very wise practice to introduce milk in fair quantity, either alone or with porridge, cocoa, coffee, tea, or in milk-puddings. This will hold still more strongly if there be any chest delicacy.

In adult life milk loses its importance—*i.e.* we can do without it more easily; but we shall never do amiss with it.

In advanced life we approach another edentulous period, which is supposed to indicate that we

should fall back on the softer foods of childhood. Whether this is meant or not, it is difficult to say: the dentist "has changed all this," both in respect of the physiognomy of age and, in a sense, the habits. Perhaps the chief indication of this period of life is temperance—the *moderata diæta* or third physician of the school of Salerno. As to quality, it is probable that meat is less needed. It was the famous Dr. Caius who in old age returned to the food of infancy.

During the early years of life the quantity of food supplied should be, if anything, in excess of the bare needs of the body. It should be what is technically called a "luxus" supply: the measure should overflow; in this way the tissues which are growing in size and energy secure their maximum of vitality.

During the later years we shall pursue an opposite path, for fear of encumbering with waste products those tissues whose vitality, both for assimilation and excretion, is impaired.

Beyond this broad statement as to quantity we need not go; for in other respects the conditions are of health, and with simple foods, the appetite

will guide correctly. But perhaps we ought to caution that in very early life, as also in very late life, the vital powers are low, and, therefore, the resistance small. Under these circumstances we ought, if in doubt, to administer food which in adult life, in a similar perplexity, we should withhold. Provided the food is readily assimilable, the "little and often" maxim may then have some scope in old age as it has in infancy: we shall be temperate, it is true—we must not be Spartan.

ALCOHOL.

The subject of age gives us the opportunity for saying a few words on the alcohol question. We shall treat this matter from a physiological point of view only; for the moral question—interesting as it may be, and imperative as it may be—is not for us. There may be reasons of this kind which shall command us, under circumstances, to forego the advantages of alcohol, if it be advantageous: each must settle this point for him or herself. The plain question before us is: Is alcohol advantageous physiologically?

There will be some gain if it can be shown that

the use of alcohol is not unreasonable. For the moment we will put aside the question whether alcohol undergoes combustion within the tissues, and to this extent is a heat-producer and veritable food ; we will regard it simply as a stimulant—*i.e.* as a substance which enables us to unlock the forces stored up in the tissues—to realise them, so to speak. Can we, from such a use of alcohol, expect to get any good ? At once it will be urged, if it unlocks the forces of the tissues, the benefit which it brings will be at the expense of the economy, and it is hard to see how a drained exchequer can be replenished by means such as these, which take just as much as they give. A steam-engine which has an insufficient supply of coals for the journey to be done, will hardly succeed in compassing its task by having all its remaining supply of fuel cast on the fire at once. But whilst this will hold true so far as the whole journey is concerned, such an engine, whose fires had burned low, might, by an apparently rash expenditure of what remained to it of fuel, get up steam sufficient to reach a neighbouring coaling-station—a feat which would be quite impossible if the fires were fed with

a more parsimonious hand. This is exactly the theory of the use of stimulants—neither more nor less: of themselves, they bring nothing to the body, and therefore of themselves they cannot permanently advantage it, but by the help of food they can reasonably aid the economy. Thus, let us suppose a patient exhausted by a prolonged fever or other illness, and just commencing convalescence: food is given; but the powers are so feeble that digestion and assimilation are most imperfectly performed, and the organism, taxed by the effort, makes doubtful progress. The timely use of stimulants here, whilst they draw upon the small store of available force, yet *excite a sufficient digestive reflex* to start and carry through a satisfactory assimilation; and it will be then found that the organism is amply repaid by the influx of nutritive material for the expenditure which the stimulant caused. In just this way crises of prostration can be tided over which in no other way could be recovered from. It will be noted, then, that the use of stimulants can be reasonably defended as a timely expenditure of force which makes possible the utilisation of food. Food is in every case the

true restorative, but stimulants may be necessary to its assimilation. Always, then, stimulants must be given in relation to the taking of food: this is the *veritas in vino* which we must ever keep before us.

But if alcohol be to some extent burnt up within the body, after the fashion of foods in general—and there is evidence in favour of a limited utilisation of it in this sense—then *a fortiori* it will be of use. We would caution, however, against this view of the value of alcohol: it is, at best, a very poor food.

There remains another aspect which the opponents of alcohol lay stress upon: they say that the presence of alcohol in the alimentary tract impedes the digestive ferments, and therefore impedes digestion and assimilation. This is true in the test-tube and laboratory flask, when alcohol is added in quantity to the test fluids; but it is not true even here for the lower percentages of alcohol additions, as is well shown by Sir William Roberts, in his book on “Digestion and Diet”*. Therefore, not even in the test-tube do these objections hold;

* “Digestion and Diet,” p. 116; 1892.

and, as William Hunter long since contended, "the stomach is neither a mill, a fermenting-vat, nor a stew-pan" (nor, we may add, a test-tube), "but a stomach, gentlemen—a stomach."*

After all, theory, no matter how plausible, must give way to experience; and to our minds this is distinctly in favour of a seasonable and reasonable use of stimulants. These should not be used in routine fashion; children should not be brought up accustomed to their use, however moderately, unless they do not thrive; and it would be a wise precaution to abstain from administering them then except on advice. As a very general rule, children are better without stimulants: we, of course, are not speaking of actual disease.† In adult life, as a digestive aid, alcohol taken at meals may be of great service; on the other hand, it may be quite superfluous. In advanced life

* *Vide* Paris.

† Henoch, a recognised authority on children's diseases, discussing the means of nourishing infants in certain conditions of mal-nutrition, repeats the words of his teacher, Romberg, that the old Hungarian wine, Tokay, unadulterated, is not only a "lao senile" but a "lao juvenile." This wine thus qualified, is perhaps not very accessible.

the moderate use of cordials may be very desirable ; and if moderation have prevailed till then, we need not fear their abuse. We would commend the word *cordial* to the consideration of our readers.

As to the forms of alcohol which we should employ, we possess in the following list a scale of strengths which will meet all requirements.

The ardent spirits: Brandy, whisky, gin, rum.

The more generous wines: Port, sherry, Madeira.

The lighter wines: Burgundy, claret, hock, champagne.

The malt liquors: Ale, porter, stout.

Of the spirits, gin is the least likely to interfere with digestion (this appears from Sir W. Roberts's experiments on artificial digestion); but so long as the quantities are kept within small limits—*e.g.* two, or at most three, tablespoonfuls diluted with water, we shall look for an acceleration of digestion, and no interference.

Sherry or port, in doses of one, or at most
c*

two, wine-glasses will act as pure stimulants to digestion.

Of the lighter wines, the limit should be two small claret or hock glassfuls. Of malt liquors, a tumblerful.

People will, of course, differ in their powers of utilising alcohol in digestion; but the above are safe limitations, barring individual intolerances, which are sometimes very marked, and are found not infrequently for malt liquors. According to the above-quoted experiments, the retarding effects which *large* quantities of sherry, port, claret, hock, etc., exert on artificial digestion are quite out of proportion to the amount of alcohol present, and must therefore be due to other ingredients.



CHAPTER III.

THE ARTICLES OF DIET.

"The Worts, the Purslain, and the Messe of Watercresse."—
HERRICK (Noble Numbers).

WE have seen that the nutritive principles may be arranged in five classes—indeed, in four, if we exclude water—but the articles of diet, natural or prepared, which present these nutritive principles constitute a very formidable list. To arrange them on scientific lines is very difficult; for the articles of diet are rarely pure in the sense of containing only one class of nutritive principles, and opposing views may be taken as to whether we should place a given food here or there. The following list will, we trust, possess some practical value, and at the same time be not devoid of scientific method. In it, however, we shall not attempt to separate foods occurring naturally from foods prepared artificially: the list is a list of *the things we eat*.

THE VEGETABLE KINGDOM.

The Bread, Rice, and Potato Class.—The various forms of *bread*, white and brown (including biscuits and cakes), made from wheat, oats, rye, barley, maize, buckwheat ; all varieties of *flour* preparations—*e.g.* pastries (pudding and tart), batters (pancakes, etc.), vermicelli, macaroni, semolina, corn-flour (from maize ; oswego and maizena are other names for the same thing) ; *porridges* and *gruels*.

Rice, sago, tapioca, arrowroot.

Potatoes.

In this class we must put foods serving a similar purpose—*e.g.* the sweet potato, the yam, the bread-fruit, bananas and plantains, the chestnut, and, on historic grounds, the acorn.

The Pulses.—These occupy a position by themselves, and they are represented by the matured seeds : Peas, beans (haricot and broad), and lentils.

Sugar in various forms (crystalline, liquid : treacle), syrups, jams, preserves, honey, manna.

Sugar is a nutritive principle, allied to starch and widely distributed among foods, in particular in vegetables and fruits ; but sugar by itself stands as

an article of diet, whilst a number of food-substances owe their dietetic value to the sugar with which they are prepared. Hence, for practical purposes there is a group of sugar-foods.

The Vegetable Class.—The potato is in a sense a vegetable, but in nutritive value it associates itself with the bread group and the rice group. The pulses are likewise vegetables; but in the *mature* state their high nutritive value and the nature of their nutritive principles set them apart, and in proximity to both the bread and animal food classes. On the other hand, in the young and green state they return to the vegetable class.

The pea group: Green peas, green haricots, broad beans (young), French beans (pod and seed).

The lentil is not eaten in the unripe state.

Green vegetables—the cabbage tribe: White and red cabbage, “greens,” savoy, Brussels sprouts, cauliflower, broccoli, broccoli sprouts, spinach, turnip-tops.

Root vegetables: Carrots, parsnips, turnips, beet root, artichokes * (Jerusalem).

* For convenience we have classed the Jerusalem artichokes as roots; they are really tubers.

Fruit vegetables : Cucumber, marrow, tomato.

In a group not classifiable under any of the above headings may be put :—Seakale, asparagus, the green artichoke ; and by itself must stand the onion.

The salad group : Celery, endive, lettuce, sorrel, mustard-and-cress, watercress, radishes.

In many cases this group may with advantage be cooked like other vegetables.

Edible fungi : Morelles, truffles, mushrooms.

The Fruit Class.—We may arrange the members of this class into the following groups, which are more or less natural :—

Apple, pear, quince, medlar.

Orange, lemon, lime, shaddock.

Plum, peach, nectarine, apricot—cherry.

The fig (green).

Strawberry, raspberry, blackberry, dewberry,
mulberry.

Grapes, currants, gooseberries.

Cranberry, barberry, whortleberry.

The melon.

The pine-apple.

Plantains and bananas are fruits, and of high nutritive value, but on account of the starch they contain they have been already spoken of in connection with the sweet potato, yam and bread-fruit.

Of dried fruits, we have in common use—

The fig, date, prune, raisin.

It is hardly necessary to mention the prickly pear and pomegranate, since these fruits are so little used in this country. The olive scarcely reckons dietetically as a fruit.

Nuts.—These form a class or sub-class which it is necessary to separate from fruits in general. The members are nutritious, but indigestible; they are rich in nitrogenised principles, and also in oily compounds. The more important are: the almond, cocoanut, hazel-nut, Brazil-nut, and walnut. The chestnut we have placed in the starch-containing group.

The soja, soya, or soy bean is of the pulse tribe but on account of the small amount of starch which it contains may conveniently be placed here; it is highly nutritious.

We have seen that both the nutritive principles,

starch and sugar, are separable, as such, from articles of diet, and themselves are used undiluted as foods: thus arrowroot and the several varieties of sugar are eaten. In like manner fatty compounds—*e.g.* oils—are separable in the pure state, and are taken as such. From the vegetable kingdom we thus obtain olive-oil. This sub-group is better represented by a derivative from the animal kingdom:—

THE ANIMAL KINGDOM.

(1) *Milk*: its several varieties and modifications.

(2) *Milk derivatives*: Butter, cream, cheese.

Butter and cream are nearly pure fats; there is a small proportion of nitrogenised matter. Cheese varies enormously in its composition, the richer kinds containing nearly as much of fatty as of nitrogenised compounds; the poorer kinds—*e.g.* skim-milk cheese—containing much of the latter, but very little of fat.

(3) *Eggs*.

Although the eggs of several birds are eaten, we practically mean fowls' eggs when we speak of the group.

(4) *Fish.*

- (a) White fish: Whiting, sole, haddock, flounder, plaice, brill, halibut, turbot, cod.

The order here given is somewhat that of digestibility. Thus we have, as most digestible, whiting and sole; as firmer, and therefore less digestible, turbot; as perhaps least digestible, cod. White fish contains little fat. The roach, perch, pike, jack, and carp also contain little fat.

- (b) Oily or fat-containing fish: Eel, conger-eel, sprat, herring, pilchard, lamprey, mackerel, salmon, salmon-trout.

The eel is out-and-out the most rich in fat: it contains some three to five times as much as the other members of its group—*e.g.* four times as much as the conger-eel. Salmon-trout is less rich and oily than salmon, therefore more digestible.

- (c) Shell-fish (crustacean): Lobster, crab, crayfish, shrimp, and prawn.

Shell-fish (molluscan): Oyster, cockle, scallop, mussel, periwinkle, limpet.

Of crustacean shell-fish, the claw of the lobster reckons to be digestible: the claw of the crab is much more digestible than the soft part, or "pudding"; but the whole sub-group is tasty, and tasty food in general is difficult of digestion. Among molluscan shell-fish, oysters are counted easy of digestion, but their reputation is perhaps not earned (Paris); they contain but little fat. Oysters become indigestible by cooking.

In respect of the group "shell-fish" idiosyncrasy is not infrequently manifested; and the instances of alimentary upset, at times amounting to symptoms of poisoning, are not few. The diet is risky, with perhaps the one exception of oysters when in season. We must not omit to add that oysters, mussels, cockles, contain much amyloid—*i.e.* starchy or sugar-yielding material, and that the soft part (pudding) of crabs and lobsters is rich in the same. This fact, on grounds other than those of mere digestibility, will disqualify the shell-fish group in certain states of body. Salted, smoked, or otherwise preserved fish, or parts of fish—*e.g.* the roe—give us much-relished dishes, but they are for the healthy.

Birds.—White-fleshed poultry: Fowl, guinea-fowl, turkey.

Pigeons may come in with these, though not reckoned as poultry.

Darker-fleshed poultry: Ducks, geese.

Game: Pheasant, partridge, grouse, woodcock, snipe, ptarmigan.

Wildfowl: Wild ducks, teal, widgeon.

Ducks and geese are unquestionably much more difficult of digestion than the white-fleshed poultry, the fibre of the meat being harder and much richer.* In like manner, wild-fowl are more difficult to digest than game. It is less easy to assign the relative positions of the white-fleshed poultry and game; for whilst the latter are more tasty and stimulant, they appear in many cases to be more easily dealt with by the system. As a general rule, we begin with fowl and advance to game; but we should bear in mind that, simply dressed, these two classes come very near together, and that the more

* The liver of the goose, in a state artificially brought about, is known as "foie gras." It contains a large percentage of fat, and is correspondingly rich.

flavoursome may, for that very reason, prove more digestible.

Meats.—Mutton and beef, and the corresponding lamb and veal.

Pork and its derivatives, bacon and ham.

Special parts: Liver, kidneys, heart, tripe, sweetbread, brains, calf's-head, calf's-feet, tongue (fresh and cured).

Venison.

Hare.

Rabbit.

Salted meats. Cured meats.

Of this class of food, mutton is the most digestible, and it constitutes an excellent staple article of diet for the invalid and the weak of digestion. Lamb is more tender, but on the whole less digestible; the less sapid character of the lamb will, however, commend it to some stomachs in certain states. Beef is decidedly less digestible than mutton, the fibre being harder; it is fuller-flavoured. Veal stands to beef as lamb to mutton in point of digestibility; its tissue is more gelatinous, less sapid. The usual

accessories to veal are quite unsuitable to weak stomachs.

Pork is well known as an indigestible food; this is due to its richness and to the hardness of the fibre of the meat.

Of Special Parts.

The *Liver* is characterised by the presence of a considerable quantity of sugar, and it also contains a substance closely allied to, and readily converted into, sugar. The quantity of fat which it contains is very variable. Liver is usually fried, and prepared thus, constitutes a rich dish.

Kidneys.—The closeness of texture is the characteristic here, and is a bar to easy digestion. As a dish, kidneys rank as indigestible, partly because they are generally cooked as a savoury; in this form they should not be brought within measurable distance of the dyspeptic. In themselves they are not rich, and their digestibility varies within very wide limits, according to the cooking.

Heart.—To closeness of texture we must add

hardness of fibre as distinctive: on both accounts this dish should be avoided.

Tripe, when plainly cooked and freed from its fat, is easy of digestion.

Sweetbread (both kinds, from the stomach and throat) is a suitable food when simply dressed.

Brains (calf's or sheep's) are both eaten and enjoyed; but this dish is rather rich in fat, independently of any mode of cooking.

Calf's-head, *calf's-feet*, are both characterised by the gelatinous nature of the tissues: this may attract because of the slight mastication required; but the food-value of gelatine is not great, and both dishes possess negative rather than positive values—viz. that they do not require mastication and that they are insipid.

Tongue in the fresh state is tender when properly cooked, but there is much fat present in the interstices of the fibres.

Venison and hare are dark meats somewhat full-flavoured; they correspond with game among birds. They are digestible in themselves, but their savouriness disqualifies them for weak stomachs.

The rabbit approaches in character to the white-fleshed poultry, but it comes after them in digestibility.

Cured meats and salted meats are, as a class, less digestible than meats in the fresh state; this is partly caused by the hardening of the fibre which results. It would also appear that in the process of salting meat loses some of its nutritive value, which the brine extracts. *Bacon* forms an exception to the above rule, for in general it agrees well.

OBESITY.

THIS condition occupies a position midway between health and disease, and it is not possible to draw the limiting line between these two: we may therefore, with advantage, take obesity first. The fact that upon the same diet one organism grows fat whilst another keeps spare belongs to an obscure region of physiology. We do not know why this is. We are familiar with another fact of the same order—viz. that lean people are often large eaters, whilst fat people are frequently moderate, even small, eaters, and we are equally at a loss for an interpretation. Further, it is not uncommon to find stout people active, quick both in mind and body. From a consideration of these points we are necessarily led to the conclusion that the accumulation of fat in the tissues is an inherent tendency of some organisms, and is an expression of its health. This we must always have in mind; and both before and

during any treatment for obesity which we may undertake, we should carefully observe the signs of vigour, evidenced by mental and bodily activity, by cheerfulness, enterprise, etc. Should these improve, well and good : we are justified in proceeding ; but should they slacken at all, we must reconsider the question of treatment, and ask ourselves whether, after all, the encumbrance of fat is not the least of the evils before us. In such cases, alone, in which the loss of flesh proves an advantage to the economy is it permissible to treat obesity as such.

Again, before we accuse the diet as the cause of obesity, we should make sure that other influences are not at work—*i.e.* over-indulgence in sleep, insufficient exercise. Having eliminated these, we may, with the above qualifications, proceed to revise the diet scale upon the following lines :—

(1) We shall greatly restrict the use of the *bread, rice, and potato* class ; we shall withdraw the dried *pulses* and the use of the *sugar* group. The forbidding of sweet wines, sweet ales, stout, and porter will belong to the sugar restrictions, and the same will hold for sweet fruits, fresh or dried, and

sweet vegetables. Starch-containing fruits—*e.g.* bananas—will not be advisable.

(2) We may limit the consumption of fat: butter, cream, the fat of meat, and fat-containing flesh generally, whether of beast, bird, or fish.

(3) We shall limit the amount of liquid taken.

The question of restriction, or rather the extent to which this must be practised, will vary with each case; experience only can determine this. Strictness as to No. 1 is of the most importance; some, indeed, relax or dispense with No. 2, and some relax as to No. 3. One authority admits of free potation, but is strict as to Nos. 1 and 2; and another well-known plan of treatment, which does not commend itself as appetising, recognises abundant drinking of hot water, with limitation of the food to rump steak and cod-fish.* The severer restrictions—which, by-the-bye, should not be practised except under advice—may often be intermitted for long periods. It is well, according to some authorities, not to be too abrupt in the transition from the accustomed to the modified diet, and

* A tumblerful of hot water towards the end of each meal sometimes aids effectually a revised diet.

this will be wise if we are acting on our own responsibility.

We have spoken of restriction, not abstention ; for we do not advocate, even as to No. 1, that the bread-rice-potato group should be wholly eschewed. Thin dry toast in small quantity, rusk, some light and plain biscuit, also in small quantity, may represent this group. Any of the so-called diabetic bread preparations (*see* "Diabetes," page 106 *et seq.*) are of course allowable. Sugar and sweet foods of all kinds we shall certainly avoid:* these are luxuries, not necessities. *Saccharine* may do duty for sugar, also glycerine. Milk and butter may be used in moderation: to take cream would be malicious. In spite of these qualifications there will yet remain a fairly ample dietary, which we may illustrate by the following examples:—

* This is a counsel of perfection which the more human of us may construe into the admission of a little fresh fruit; whilst the baked apple, without sugar, may be enjoyed with an easy conscience.

DIET TABLES FOR OBESITY.

*First Day.**BREAKFAST.*

A large cup of Tea or Coffee, without Milk or Sugar.

Tomato and Egg on dry Toast.

Plain Biscuit, or Rusks, with a very little Butter.

LUNCHEON OR SUPPER.

Cold Meat and Salad. Cheese and Rusks.

DINNER.

Filleted Sole, with Brown Piquante Sauce.

A slice of Meat from a roast, or Fillet of Beef Sauté.

Cauliflower. Fried Celery. Baked Apple and Rusks.

*Second Day.**BREAKFAST.*

A large cup of Tea or Coffee, without Milk or Sugar.

Fillets of Haddock. Dry Toast with a little Butter.

LUNCHEON OR SUPPER.

Oysters and Brown Bread, with a little Butter.

Or Omelette Soufflée.

DINNER.

Clear Soup.

A slice of Meat from a joint, or Fried Chicken with Chives.

Rusk or Toast. Asparagus.

Raspberry Jelly.

Cheese. Celery or Lettuce, and Plain Biscuit.

RECIPES.

First Day.

BREAKFAST.

Tea.—Tea is largely consumed in England, and it may seem unnecessary to give directions for making it ; yet it is so often badly made, and either rendered injurious or deprived of its virtues through being badly made, that it is advisable to describe the correct method of preparing it.

It is impossible to make good tea of inferior material ; therefore, the first thing to be done is to choose good tea. This is difficult, because there are few articles of general consumption which vary so much in quality. It is not easy for any one but an expert to determine whether one tea is genuine or another is not. All that can be done is to make the purchase of a respectable dealer, to pay a fair price for it, and judge by the result. Cheap tea is nearly always inferior tea ; but genuine and good tea, if we can get it, is the cheapest in the end, because there is less waste belonging to it.

In order to procure good tea, we should, after adopting the methods already mentioned, note the appearance of the tea bought. It should be what is technically called "clean tea"—that is, it should be free from dust and stalks, and should consist of leaves about the same size well twisted. Also it should not have a metallic

look about it. One of the most conspicuous tests of tea, apart from its taste, is its fragrance. The smell of good tea would never be mistaken by anyone who had once recognised it.

The mode of preparation has much to do with the excellence of tea. It should be made from water that was freshly drawn at the last moment before being put on the fire, and that is used the instant it has reached the boiling-point. Water that has boiled for awhile becomes flat, and therefore unfit for making tea. The kettle, too, that is used for boiling the water should be clean both inside and out. When water is at all hard (and much of the water used in towns is more or less hard), the kettle quickly becomes furred inside; the outside also becomes covered with soot. The inside of a kettle should be washed out frequently with soda and hot water, and an oyster-shell which has been well scrubbed should be put into it. To this oyster-shell the fur will adhere, instead of clinging altogether to the bottom and sides of the kettle. The outside should be kept bright, because if soot is allowed to collect the kettle will be longer in boiling than it need be. Curiously enough, people who are most careful about the condition of the ordinary saucepans, will frequently leave the inside of the kettle untouched for months.

There is a great difference of opinion among tea-makers as to what kind of teapot is to be preferred for brewing tea. Many successful tea-makers decidedly prefer earthenware teapots. Others declare that good

tea best yields its fragrance in a polished silver or metal teapot. The reason why good tea is so often made in silver teapots, is that their owners can usually afford to put plenty of tea in the pot. The advantage attached to earthenware teapots is that they can readily be made clean, and can easily be kept clean. It is believed, however, that if a metal teapot is in thoroughly good condition, better tea can be made therein than in an earthenware pot, because metal keeps hot longer than earthenware.

Because the soluble properties of tea are best extracted by soft water, and because in towns water is often somewhat hard, many make a practice of putting a pinch of bicarbonate of soda into the teapot with the tea-leaves. Only under very exceptional circumstances is this method to be recommended. Soda draws out the strength of tea, but it destroys its flavour, and it favours the extraction of the harmful principle in tea.

The length of time which tea should be allowed to draw varies with the quality of the tea ; therefore no rule for universal application can be laid down. Coarse tea yields its fragrance and strength more quickly than fine tea ; and young leaves need to draw longer than old ones. Tea is never good, however, when it is allowed to draw longer than is necessary. Tea that is very strong and slightly bitter with long standing is most injurious.

The following is the method recommended for making tea. Half fill the teapot with hot water, let it stand a minute or two until hot, then empty it. Put into

it the requisite quantity of good tea (the old rule of a level teaspoonful for each person and one for the pot is an excellent one), and pour on gently enough freshly boiling water to half fill the teapot. Let it stand *two or three* minutes with the tea cosy over it; then fill the teapot and pour out the tea. When sugar and milk are used, they should be put into the tea-cup before the tea. Some people like lemon-juice in tea instead of milk. Lemon-juice should be put into the cup after the tea.

A tea cosy is valuable because it prevents the escape of heat from the teapot, and tea yields its goodness best when hot. If, however, a cosy is employed to keep the teapot hot for a long time, so that the tea is allowed to become black and bitter, its use is to be deprecated. Yet to dispense with a cosy is to dispense with one of the products of civilisation. When it is necessary to make fresh tea, fresh leaves should on no account be added to those already in the teapot. The vessel should be emptied entirely and be rinsed with boiling water; then the tea should be altogether re-made.

As in Diabetes, so also in Obesity, saccharine may be used to sweeten tea or coffee.

Tomato and Egg on Dry Toast.—Wipe two ripe tomatoes, and cut them into small pieces. Mince very finely a thin slice of onion about the size of a thumb-nail, also two ounces of lean ham. Melt a piece of butter, the size of a marble, in a small stewpan, and add two tablespoonfuls of broth; put in the minced mixture, and cook gently

for about ten minutes. Lift the pan from the fire and add two well-beaten eggs. Stir quickly until the preparation begins to thicken; then take the pan off the fire again and stir until the eggs look lumpy and set without being at all hard. Pour the egg upon dry toast, cut into neat squares, and serve hot. It is necessary to remember that in cases of obesity the use of butter and fat must be limited.

Toast.—Bread used for toasting should be not less and not more than two days old, and it should be about the third of an inch thick, so that it can be made crisp throughout. When it is so thick that there is a raw bread interval between the toasted sides, the raw piece is less digestible than the bread from which it was made.

In obesity, however, it is specially necessary that toast should be *thin*.

To make toast put the bread on the fork and hold it at a little distance in front of a clear, bright fire. When it is hot and dry on the surface, without having taken any colour, turn it, and slowly bring the other side to the same condition. Now turn it again, and let it slowly become richly brown on both sides all over without being in the least black. Serve it at once. The art of making toast well consists in drying it slowly, browning it equally without burning it, and serving it as soon as done.

If toast is to be buttered, the butter should be spread lightly with the edge of the knife. To press butter into toast makes it heavy and spoils it.

Any form of gluten bread (see page 106) is suitable also for obesity.

LUNCHEON OR SUPPER.

Salad.—The secret of making a salad successfully from the various vegetables available for the purpose is to have the raw vegetable freshly gathered, in full season, and to make it thoroughly dry, and not to mix until a few minutes before it is served. A mixed salad that is allowed to stand loses its crispness, and the leaves become sodden. The easiest way of making a salad dry is to wash the vegetable quickly, drain it between the fingers, then lay it in the middle of a dry napkin, and toss it about lightly for a few minutes. Lettuce leaves for salad should be broken with the fingers; a knife should not be allowed to touch them. For the present purpose only salt and vinegar should be used as a dressing. In ordinary cases salt, good olive-oil, and vinegar should be used, and many authorities are of opinion that whatever is added to these ingredients is injurious. The proportions then employed should be three tablespoonfuls of oil to one of vinegar.

DINNER.

Filleted Sole with Piquante Sauce.—Wash and dry a sole, skin it, and cut off the head, tail, and fins. Cut the fish down the centre and slip the knife underneath the flesh close to the bones, raise the flesh, and gradually draw it away from the bone. By this means four strips or fillets

will be obtained from one sole. Smooth the fillets with a knife. Double them in two, with the shiny surface inside, salt them, and let them lie for an hour covered with vinegar. Lay them in a stewpan, and sprinkle salt and pepper over them, add a few drops of lemon-juice, and cover them with hot stock, or water if stock is not available ; but in this case a few peppercorns should be added. Bring the stock to the boil, draw the pan back, and simmer gently for six or seven minutes—a minute or two more or less, according to the thickness of the fillets. Drain the fillets, arrange them prettily on a hot dish, have ready some brown Piquante sauce, and serve.

Brown Piquante Sauce.—Melt a tiny piece of butter in a small stewpan, and allow it to become brown without being at all burnt. Put with it half a gill of vinegar which has been boiled quickly to reduce it. Mix well, add pepper and salt, and pour over the fish through a strainer.

Fillet of Beef Sauté.—Take slices from the under-cut of the sirloin of beef, a third of an inch thick. Trim away the skin and unsightly edges, and make the cutlets look very neat ; flatten with a wet knife, sprinkle pepper and salt over them, and let them lie for an hour. Melt a small piece of butter in an omelet-pan over a gentle fire, put in the fillets, and let them cook for thirty or forty seconds, turn and cook the other side, and repeat until done. Dish in a circle. To make the dish look inviting, a slice of tomato the size of a shilling can be laid on each fillet, and chopped parsley

sprinkled on the top. Or a few olives may be stoned, stewed in stock for about twenty minutes, and piled in the centre of the fillets.

The fillet of beef may be obtained from the undercut of the sirloin or the undercut of the rump. The undercut of the sirloin is rarely sold apart from the sirloin, and few housewives care to cut it from the joint. The undercut of the rump, however, can generally be procured; but where it is not available, a slice of rump-steak may be used instead. It will not be as tender as the fillet, but it will be more tasty. The gravy which flows from the fillets will be the most suitable accompaniment for this dish.

Cauliflower in Sprigs.—Trim a cauliflower; let it lie in salted water for an hour; look it over carefully; then put it into cold salted water and bring the water to the boil. At once throw the water away and plunge the cauliflower into plenty of fast boiling salted water. Boil gently till tender, but not soft. Break the cauliflower into branches, and serve.

Fried Celery.—Cut some celery into pieces of a uniform size, throw them into boiling water to which half a cupful of vinegar and a little salt have been added, and let them boil gently for ten minutes. Take them up, drain them, lay them in cold water, and dry. Mix a teacupful of fine, dry bread-crumbs with a tablespoonful of grated Parmesan, and a little pepper and salt. Roll the celery in flour, brush it all over with beaten egg, and toss it in the bread-crumbs. Place

a few sticks at a time in a frying basket, plunge into boiling fat, and when crisp drain on kitchen paper, and pile crosswise on a dish. Serve hot.

Baked Apple and Rusks.—Choose apples in perfect condition; wash well and prick the skin with a darning needle. Then put them into a deep dish, add a few spoonfuls of water, and bake very gently indeed. Serve with dry rusks. The apple may be eaten hot or cold.

Second Day.

BREAKFAST.

Coffee.—With good material and proper appliances it is exceedingly easy to make good coffee; therefore we can only wonder that it is the rarity that it is in English homes. The materials required are a sufficient quantity of freshly roasted and freshly ground coffee-berries and fast boiling water, and a *cafetière* such as is sold by every ironmonger. No chicory is needed; indeed, if pure coffee is desired, the employment of chicory must be forbidden. Chicory gives colour and brilliancy to the beverage into which it is introduced, and some persons think it produces a palatable drink. But the drink produced is not coffee.

The fragrance of coffee escapes from the berry very quickly, and it is necessary, therefore, that the coffee should be freshly roasted. The most effectual way of

securing this condition is, of course, to have it roasted at home, and small coffee roasters are to be bought for a moderate sum. Not many housekeepers, however, care to undertake this business; and where large shops are within reach, it is not imperative that they should do so. At large establishments coffee is always roasted frequently, and if a small quantity is bought at one time, if the coffee is stored in a canister with a tightly fitting lid, and if the berries are gently *heated in the oven* before being ground, to revive the flavour, the coffee will be everything that could be wished. It is indispensable, however, that the berries should not be ground until they are wanted. Coffee made from powder that has been ground even for a few hours is sure to be more or less stale and unprofitable. To use the *cafetière*, first fill it with boiling water, let it stand a minute, then pour the liquid away. Place the requisite amount of coffee upon the perforated bottom of the upper compartment, put the strainer in its place, and pour in gently and gradually as much boiling water as is needed. Cover the *cafetière*, and leave it in a hot place until the water has filtered from the upper compartment into the lower one. If it is to be served in another pot, the vessel which is to receive it must be made hot with boiling water before the coffee is poured in it.

The quality of coffee depends very much upon the quantity of material used. It is obvious that though coffee may be well made, it cannot be strong unless we use plenty of coffee. Ideas differ very much,

however, as to the degree of strength which is desirable. Thrifty housewives who consider coffee injurious declare that a teaspoonful of ground coffee is sufficient for half a pint of water. The usual allowance, however, is a heaped tablespoonful of coffee to half a pint of water. Very black coffee is sometimes made with a heaped tablespoonful of coffee to a quarter of a pint of water; and the Turks, we are told, use three tablespoonfuls of coffee to each small cup. When, however, it is wished that the coffee should be very strong, it is better to decrease the measure of water rather than to largely increase the quantity of coffee used. If too much coffee is placed in a *cafetière* the water does not filter through thoroughly. Moreover, no one can drink a large quantity of very strong coffee. One way of securing a supply of strong coffee is to preserve a small quantity of the beverage, should any be left, from one day to another, and make coffee for the second day from a weak solution of coffee and water, instead of plain water. We learn that the garçons in the French cafés always do this when they can. The cold coffee should not, however, be left standing in the *cafetière*; it should be drained off and kept in a glass bottle closely stoppered.

When milk is used with coffee, it should be scalded, not boiled; and many think it an improvement to put the milk in the cup before the coffee. When coffee is very strong the proportions used are one-half coffee and half milk.

When coffee is not good the reason usually is either

that it has not been made in a proper coffee-pot, or that a sufficient quantity of coffee has not been allowed, or that the coffee-pot was not clean. A vessel of this description requires most careful attention, and it very soon gets out of order if it is neglected. It is not enough to rinse the *cafetière* out every day after use. There is an oily property about coffee which adheres in spite of rinsing out, and which clogs the holes of the filter, and not only keeps the coffee from running through, but also injures its flavour. A coffee-pot should be daily washed, not rinsed, with boiling water, and the pieces should be taken apart and dried separately. If packed away wet, and left to dry by themselves, they will in time impart a metallic taste to the liquid. Cold water is worse than useless for washing a coffee-pot, because it sets the oil.

When a *cafetière* is not available, respectable, though decidedly inferior, coffee can be made in an ordinary coffee-kettle, in the pot in which it is to be sent to table, or even in a jug. The following methods are, in these cases, recommended :—

To make Coffee in an ordinary Coffee-kettle.—Measure the quantity of coffee to be used. Make it hot in the oven to revive the flavour; then put it into the kettle, and pour the boiling water slowly over it. Let it stand a minute or two; put it on the fire, and bring it gently to the point of boiling. Take it off the fire, pour out a cupful of the infusion, and return it to the pot from a good height. Repeat this operation

twice. Throw a tablespoonful of cold water into the coffee, let the pot stand by the fireside for three or four minutes, strain the liquid through muslin into the heated vessel from which it is to be served, and send it at once to table.

To make Coffee in the Pot in which it is to be sent to table.—Make a small bag of unbleached calico to be used as a strainer, and fix it so that it shall be suspended in the middle of the coffee-pot. Allow an ounce of coffee for each quart of the beverage. Heat the ground coffee, put it into the bag, and pour over freshly boiling water to cover the bag entirely. Let the pot stand in a warm place for ten minutes, and serve.

To make Coffee in a Jug.—Fill the jug with boiling water, let it stand a minute or two, then empty it. For a pint of coffee put two tablespoonfuls of ground coffee into the jug, pour the water, which should be freshly boiled and actually boiling, over it, and stir with a spoon. Cover with a cloth pressed into the top, and set the jug on the hot plate for five minutes. Have the vessel in which the coffee is to be served made hot, lay a piece of muslin over it, and pour the coffee gently through the muslin.

When coffee is made with any other vessel than a *cafetière*, the employment of chicory may be preferred. The proportions usually taken are from three to four ounces of chicory to one pound of coffee. An overdose of chicory will make coffee undrinkable.

Filletts of Haddock.—When the haddock comes into

the house the day before it is to be used, clean it, cut off the head, remove the skin, rub it over with salt, and hang it in a cool place. When it is to be cooked, divide the flesh into fillets about an inch and a half square; put them in a stewpan containing as much boiling salted water as will cover them, and let them simmer three or four minutes till done. Drain the fish, arrange it neatly on a hot dish, squeeze the juice of a lemon on it, and sprinkle chopped parsley over it. Set in the oven for a minute or two till quite hot, and serve.

Dried haddock is very tasty cooked in the same way. It would need, however, to be placed in cold, not boiling, water, and would be done when brought to the point of boiling. It would not require any salt.

Dry Toast.—See above.

LUNCHEON.

Oysters.—To be enjoyed in perfection, oysters must be alive when opened; also they must be freshly opened, for they deteriorate in flavour and excellence every minute that they remain on the shell. Many varieties of oysters are now sold, and their price varies very much. Natives are, of course, the best, and next in value come the oysters known technically as “seconds,” and which are almost equal to natives. Anglo-Dutch oysters are also excellent for eating; the large, white, fat English oysters are most suitable for sauce. American oysters are much liked by some, and it is claimed for them that they are more wholesome than other sorts.

Oysters are usually eaten with pepper and vinegar, with a slice of thin brown bread and butter. Epicures in oysters, however, frequently prefer them without anything. They can also be bearded or not, according to taste. They are generally considered more dainty when neatly bearded.

Omelette Soufflé.—This dish can be made with the greatest ease when a hot oven is available. The only point requiring attention is that the eggs should be beaten properly. The yolks and whites should be beaten separately. The yolks should be beaten with the requisite amount of sugar and a little flavouring until they become very thick and cease to froth. *In cases of obesity the less sugar used the better.* The whites should be whisked until they are quite firm and solid, and can be cut clean through with a knife; they may then be mixed lightly with the yolks. The preparation can then be put in a warmed and buttered earthenware or china dish, or into a small enamelled omelette pan, and set in a quick oven. In from five to ten minutes (according to the number of eggs used) it will be fit for serving. It should have risen well and be set. It should be served without a moment's delay, as it will fall very quickly when it is once removed from the oven. It will be all the better if it can be served on the dish on which it was cooked. The dish will need to be greased sufficiently to keep the preparation from sticking to it, no more. *Butter is not an essential ingredient of an omelette cooked thus.*

DINNER.

Clear Soup.—(See page 150.)

Fried Chicken with Chives.—A young fowl only is suitable for this dish. It should be divided into four or six parts, or the legs only can be cooked thus, and the remainder of the bird prepared in some other way. Chives are less used in cookery than they deserve to be, because they have the good qualities of the onion in abundance, and its bad qualities, the unpleasant odour and strong taste, in a mild form. They are very hardy, and easily grown where there is a garden. The bulbs are slender, and not worth using; the leaves and young tops of the plants are, however, very delicate, and impart a piquant flavour to the dish with which they are served. To prepare them, wash them, then cut them into thin rings, throw them into a basin containing boiling water, and let them soak for three or four minutes. Take them up, dry them perfectly by spreading them between the folds of a napkin. If chives are not available, a thin slice of shalot chopped till as fine as sawdust may be used instead.

To prepare the chicken, truss it, or cut it into joints, and make it quite dry. Put in a shallow stewpan or frying-pan about three ounces of butter, or half butter and half oil may be used. When it fizzes put in first the legs of the fowl facing each other, the wings on each side, and the rest of the bird in the middle. Add salt and pepper, and fry over a good but not tierce fire. If the fowl

cooks softly it will be sodden; if it is fried too quickly it will be burnt outside without being cooked inside. It must be kept at a moderate heat and turned frequently, and the pan should be shaken to keep the butter from burning. The legs of the fowl should be taken out last. The fowl should be done in from fifteen to twenty minutes. If the fat were boiling when the joints were put into it, the dish would not be greasy at all; it would simply be browned quickly on the outside, and the gravy would be kept inside.

When the fowl is sufficiently cooked, take it up, put the joints between two plates in the oven, throw the chives or the minced shallot into the frying-pan, and let them cook in the hot fat until yellow, not brown. Drain, scatter over the fowl, and serve.

If sauce is desired for this dish (although it will be very good without), it may be prepared as follows:— Drain the fat from the frying-pan, and pour into it a cupful of stock (or a glass of white wine if approved). Put with it half a teaspoonful of Liebig and a few drops of lemon-juice; pepper and salt. Arrange the pieces of chicken in a pyramid form—the inferior portions at the base, the delicate parts on the top.

When cooking a fowl thus, it is most necessary to keep turning the joints to avoid burning. If, however, the fork is stuck into the flesh, the gravy will escape.

Asparagus. — Asparagus is always enjoyed as a separate course. Scrape the stems slightly, and throw them into cold water as they are done. Cut the white

ends evenly to make the stalks the same length, and tie them with twine in bundles of an equal size. Use a stewpan large enough to hold the asparagus without bending the stalks. Half fill it with water, salt it; when it boils skim it, and put in the asparagus. Leave the lid off the pan, and boil gently till tender. It will need to boil from twenty to thirty minutes, according to thickness, but should be taken up as soon as done, or it will lose colour and flavour. Drain well, and serve on toast.

Raspberry Jelly.—Simmer about a breakfast cupful of ripe raspberries, mixed with a few picked red currants, with half a cupful of water until the juice flows freely. Turn the fruit upon a sieve, and let the juice drip from it without pressure. Soak a tablespoonful of gelatine in water to cover it. When the water is absorbed, dissolve the gelatine in the fruit juice. When the jelly begins to thicken, put it into small moulds or glasses. *If sweetness is required, use saccharine instead of sugar.* The employment of sugar is to be avoided in cases of obesity.

DIABETES ; OR THE SUGAR DIATHESIS.

THIS disease presents no real affinities to the condition just discussed—viz. obesity ; indeed, in a sense, the two states are diametrically opposed ; for whereas in diabetes sugar and substances chemically allied to sugar are not utilised by the system, but escape to its loss, in obesity these same substances are too well utilised, and are stored up to its encumbrance. Diabetes cannot, however, be regarded as a mere negative disease—an inability to assimilate certain principles—for, unquestionably, in the majority of cases the sugar-yielding group acts as a positive poison to the system, and promotes the disorder. The vice may in certain cases attain to such a degree, that by an intricate chemistry sugar may be formed even from the nitrogenous or albuminous group. It need hardly be said, that where this obtains the case assumes a very threatening aspect.

The dietetic treatment of diabetes is of the first importance, and in many cases the disease can be held in check by this means alone ; but in no other disorder are the resources of the cook more severely taxed. The problem before him is to hide the absence of the starch granule, or, harder still, to reconcile the patient to its absence. Under the circumstances, unless the patient's good-will and powers of self-restraint co-operate in carrying out the necessary observances, it will be useless to attempt the task.

There are two classes of diabetics : in the one the subjects are younger, on an average, and the symptoms, including emaciation, are more pronounced ; in the other class, the patients are more advanced in years, and they are not infrequently inclined to corpulency, and, indeed, suffer but slightly from the disease.

The regimen in the former of these two classes will need to be much more strict than in the latter, but even in the former, tentative procedures—dietetic experiments, in fact—will be necessary in each case ; for till we try, we cannot possibly know the degree of starch or sugar toleration of the individual.

These powers, it would seem, vary very greatly. It will be obvious, then, that a hard-and-fast routine treatment of all cases of diabetes will be very ill-advised. In the following we shall present the severer restrictions, since the milder will simply mean a more or less relaxing of these: for which, however, medical authority should at all times be responsible.

For practical reasons, diabetes may conveniently be placed next to obesity, since the restrictions in each case concern chiefly one main group of aliments—viz. those containing starch and sugar.

From the regimen of the diabetic we shall accordingly exclude:—

- (a) The entire bread, rice, and potato group.
- (b) Sugar, and sweet foods of all kinds.
- (c) The pea or pulse group, in the dried and even in the young state.
- (d) Root vegetables, the whole group.
- (e) The Spanish onion.
- (f) The tomato. (?)

All sweet fruits will be excluded by (b).

From the list of animal foods we must exclude:—

(g) The liver of animals, and, because of the magnitude of this organ in them, the shell-fish : oysters, cockles, mussels, etc. For the same reason one authority excludes the pudding of crabs and lobsters.

(h) Milk may be allowed in *limited quantity*, but, as far as possible, it should be replaced by cream.

From the list of drinks we shall exclude :—

(i) Port and all sweet wines ; sweet ales and porter or stout ; rum and sweetened gin, or any form of sweetened spirit—*e.g.* liqueurs.

As to what is permitted, we might say briefly that this includes all that which is not excluded, but we shall do well to specify a little more :—

(1) The bread, rice, and potato group is replaced by various gluten preparations—viz. gluten bread, biscuits, cakes, puddings, and bran cakes ; almond rusks and cakes ; bread made from the Soy bean. Ordinary bread, cut into thin slices and thoroughly “torrefied” (charred), is sometimes permitted.

(2) Sugar is, or may be, replaced by glycerine, or, better, by saccharine.

(3) The vegetables permissible include the green vegetables, whole group; the salad group, cooked or fresh. Further: cucumber, marrow, seakale, asparagus.* Mushrooms are allowed.

(4) Nuts, except chestnuts, are allowed.

(5) Cheese and butter are permissible, but milk only sparingly; fat and oil are beneficial.

(6) Eggs.

(7) Butcher's meat, poultry, game, fish, and broths or extracts from these, *unthickened*, are all permitted.

(8) To drink we have: Tea, coffee, cocoa from the nibs, chocolate made with gluten meal.

Soda-water and the table mineral waters.

Dry sherry, claret, Burgundy, or dry Sauterne, hock.

Bitter ale.

Brandy and whisky.

Water acidulated with cream of tartar makes a pleasant thirst-quenching drink.

* According to one authority, such vegetables as Brussels sprouts, cauliflower, broccoli, French beans, marrow, seakale, asparagus should be boiled in much water before eating.

DIET TABLES FOR DIABETES.

First Day.

BREAKFAST.

Tea or Coffee, sweetened with Saccharine, and flavoured
with a little Cream.

Mutton Chop. Bran Bread, or Gluten Bread.
Small Salad.

LUNCHEON.

Vegetable Marrow, with Savoury Mince. Bran Bread.
Savoury or Almond Custard.

DINNER.

Clear Soup, with Poached Egg floating in it.
Partridge, Braised, with Cabbage. Cheese.
Bran or Gluten Bread.

Second Day.

BREAKFAST.

Tea or Coffee, as above. Café Noir with or without
Saccharine. Kidney and Mushrooms. Bran Bread.
Almond Biscuits.

LUNCHEON.

Cold Beef and Cucumber. Gluten Bread.
Almond Biscuits, with Butter and Salt.

DINNER.

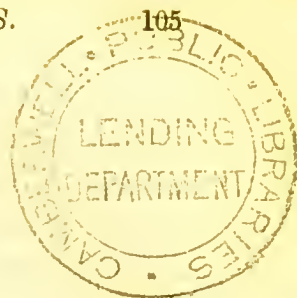
Baked Plaice. Veal à la Talleyrand, or Hot Meat
from a Joint. Seakale. Gluten or Bran Bread.
Calf's Foot Jelly in Glasses.
Walnuts or Almonds.

RECIPES.

*First Day.**BREAKFAST.*

Tea.—(See page 81.) Saccharine, as a substitute for sugar, to be taken with tea or coffee, can be obtained in the form of tabloids. For ordinary purposes it can be bought in the form of powder.

Mutton Chop.—Take a chop from the middle of the loin of mutton, trim it neatly, and pepper and salt it. Use for cooking either a hanging gridiron or one that is intended for the top of the fire (the latter is to be preferred), and be sure that it is perfectly clean. Grease the bars, and make them hot; put the chop in its place, and be sure not to stick a fork into the lean part when moving it. To do so would be to let the gravy escape; the meat should be taken hold of either with a pair of steak tongs or with a spoon and fork. As soon as one side is brown, turn the chop, let the other side brown, turn again, and repeat until the chop has been turned six times. The length of time required will depend upon thickness. A loin chop three-quarters of an inch thick lightly done will take about ten minutes; well done, about twelve minutes. It is done enough when it feels springy if pressed with a fork. Serve it on a hot dish, with pepper and salt, and a slice of butter laid on it if approved.



A chop is at its best when broiled, but it is not always convenient or possible to have the hot, clear fire needed for broiling in the morning. Should necessity compel, therefore, the chop may have to be *sauté*, or cooked in the frying-pan, instead of being broiled. In this case very little fat should be used, enough only to keep the chop from burning, and it should be already melted before the meat is put in. At the end of five minutes the chop should be turned, and cooked till done. A chop cooked in the frying-pan is, however, sure to be inferior to one that is broiled over the fire.

Diabetic Bread.—One of the greatest privations which have to be endured by diabetic patients is encountered in respect of bread; and, therefore, many efforts have been made by scientific experts to supply an acceptable substitute for this food. Bread made from prepared gluten flour, bran flour, and powdered almonds, has been produced, and can be bought in the form of slices and rolls. Gluten biscuits, bran biscuits, and bran cakes, are also to be obtained, and they have been extensively used.

In his work on "Food in Health and Disease," Dr. Burney Yeo gives the following information about bread for diabetic patients:—

"Gluten bread is never entirely free from starch, and, unless it is prepared with great care and by known manufacturers, it may even contain a considerable quantity. It is also by no means agreeable to the palate.

Yet, when well and carefully prepared, it undoubtedly supplies a need."

Sir William Roberts speaks highly of a gluten bread made by Bonthron, 106, Regent Street, in the form of small palatable buns. They keep about a fortnight, and he found them nearly free from starch.

Bran bread (introduced by Dr. Prout), made from bran washed as free from starch as possible, is also largely used for diabetics, but, unless very carefully prepared, it contains a considerable amount of starchy material, and also a large proportion of indigestible cellulose, which, with some persons, sets up a great deal of gastro-intestinal irritation.

Dr. Camplin's formula for making bran bread is one of the best. Dr. Camplin, it may be explained, was for many years a diabetic, and he effectually succeeded in keeping his disease at bay. He spoke very strongly from personal experience in favour of bran food as a substitute for bread in diabetes. The following is his recipe:—

"Take a sufficient quantity, say a quart, of wheat bran; boil it in two successive waters for a quarter of an hour, each time straining it through a sieve; then wash it well with cold water on the sieve until the water runs off perfectly clear; squeeze the bran in a cloth as dry as you can; then spread it thinly on a dish, and place it in a slow oven. If put in at night, let it remain in till morning, when, if perfectly dry and crisp, it will be fit for grinding. The bran thus prepared

must be ground in a fine mill, and sifted through a wire sieve of such fineness as to require the use of a brush to pass it through; that which remains in the sieve must be ground again until it becomes quite soft and fine.

“Take of this bran powder three ozs. (some patients use four ozs.), the other ingredients as follows: three new-laid eggs, one and a half oz. (or two ozs. if desired) of butter, and about half a pint of milk. Mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole well together, adding a little nutmeg and ginger, or any other agreeable spice. Bake in small tins (patty pans), which must be well buttered, in a rather quick oven for about half an hour. The cakes when baked should be a little thicker than a Captain’s biscuit. They may be eaten with meat or cheese at breakfast, dinner, or supper; at tea they require a rather free allowance of butter, or they may be eaten with curd, or any of the soft cheeses.”

It is important that the above directions as to washing and drying the bran should be exactly followed, in order that the bran may be freed from starch and rendered more friable. Bran in its common state is soft, and not easily reducible to fine powder. In some seasons of the year, or if the cake has not been well prepared, it changes more rapidly than is convenient. This may be prevented by placing the cake before the fire for five or ten minutes every day. These cakes are made by Blatchley, 167, Oxford Street, London. Sir William Roberts suggests the use of seven eggs instead

of three as an improvement, also the addition of a teaspoonful of carbonate of soda.

Another authority, Dr. Pavy, advocated bread made from bran flour instead of ordinary bread for diabetics. He constantly recommended that it should be made at home, and at the same time handed the patient the following recipe, which had been given to him by a lady, the wife of a diabetic, who had contributed much to her husband's comfort by devising various palatable substances for his use.

Recipe for Bran Cakes.—Take four ozs. of prepared bran flour, two ozs. of butter, one drachm of bicarbonate of soda, five eggs, and about a quarter of a pint of warm milk. First mix the bicarbonate of soda with the bran flour; then beat up two ozs. of butter in a hot basin, and shake into it the mixture of bran flour and bicarbonate of soda, beating with a spoon all the while. Next beat up the five eggs in a separate basin before the fire till milk-warm, and stir them gradually into the mixture of bran flour, soda and butter. Beat up all well together for at least ten minutes, adding gradually the warm milk. Place in well-buttered tins, or patty pans, and bake in a brisk oven for about ten minutes. The cakes are done when they will turn out of the tin quite easily. The above quantities will make about five cakes of the size of ordinary buns. The cakes, if desired, "may be cut into slices, toasted, and buttered."

When the directions here given are properly carried out, a substitute for bread is yielded, which may, of

course, be supplied to the patient fresh every day, or as often as may be desired, and which is really not unpalatable. It ought to be light, soft, and moist, without giving an impression of feeling wet or cold in the mouth.

Instead of all bran flour, equal parts or other proportions of bran and almond flour may be used. The cakes, in the opinion of many, are thus rendered more palatable. The almond flour seems to soften and neutralise the taste of the bran, whilst the bran reduces the richness of the almond flour.

Dr. Pavy adds that after the process to which the bran is subjected in washing, it may be questioned if it possesses really any nutritive value; but as it is employed, it is combined with other materials, and plays the part of an unobjectionable agent which gives bulk to what is consumed, and, therefore, supplies something for filling the stomach, and enabling the patient to feel that he has taken a full meal.

Pavy also introduced almond cakes as a substitute for ordinary bread, and it is undoubtedly a valuable one. By washing the meal of sweet almonds with acidulated water the greater part of the sugar is removed, and the meal so treated may, by careful preparation, be made into a palatable cake or biscuit. Seegen also advocates the use of almond cakes, and gives the following recipe for making them :—

Almond Cakes.—Take of blanched sweet almonds $\frac{1}{4}$ lb.; beat them as fine as possible in a stone mortar; remove the sugar contained in this meal by putting it in

a linen bag, and steeping it for a quarter of an hour in boiling water acidulated with vinegar ; mix this paste thoroughly with three ozs. of butter and two eggs. Next add the yolks of three eggs and a little salt, and stir well for some time. Whip up the whites of these eggs, and stir in. Put the dough thus obtained into greased moulds, and dry by a slow fire.

Speaking of almond biscuits, Dr. Pavy says : "By many diabetics almond biscuit can be taken, and it is considered a desirable addition to the other kinds of food allowed, but it must be admitted that by some it is found to be too rich for ordinary consumption with the meals. It goes very well, however, with a little sherry or any other kind of wine alone, and composed as it is entirely of almond flour and eggs, it forms a highly nutritive and serviceable food. It is eaten well by children."

LUNCHEON.

Vegetable Marrow with Savoury Mince.—Cut a vegetable marrow into two lengthwise, and remove the seeds. Salt the pieces, and let the water drain from them. Have ready a stuffing made of equal parts of lean veal or beef and cooked bacon finely chopped, to which chopped parsley, pepper and salt may be added. (The possible saltiness of the bacon must be remembered when the salt is put in.) Fill the two halves of the marrow with this, press them together, and bind them with tape. Lay the vegetable in a saucepan or deep

dish, with a little butter, pepper and salt, a wineglassful of stock, and a few drops of lemon juice. Simmer gently or bake till the marrow is quite tender. It will probably need to be cooked for a couple of hours. If preferred, partially cooked sausage-meat made without breadcrumbs may be used instead of the bacon force-meat. A more speedy method of preparing this dish is to fry the marrow in the first instance, then fill it with force-meat, and set it in the oven till hot through and brown on the top. (For Bran Bread, see above.)

Savoury Custard.—Whisk one whole egg and the white of an egg, and mix it either with a gill of stock or a gill of cream, whichever is preferred. Flavour with a pinch of salt and a little nutmeg; or the custard may be sweetened with saccharine, and flavoured with a little almond. Pour it into a buttered gallipot, cover it with a buttered paper, and place it in a saucepan of boiling water, with water coming half-way up the jar. Let it steam very gently until firm in the centre. If more convenient, the custard may be poured into a small pie dish, put into a dripping tin containing boiling water, and cooked in the oven.

DINNER.

Clear Soup with Poached Egg floating in it.—Poach an egg carefully and lightly, then trim the edges neatly. Place it in a hot soup plate, and pour a breakfast cupful of clear soup gently over it. A little chopped parsley or chopped chervil may be

sprinkled in at the last moment. (For Clear Soup, see page 150.)

Braised Partridge, with Cabbage.—This is an essentially French dish, and very tasty. It is, however, not suitable for young partridges. When these can be obtained, there is no better way of dealing with them than to roast them.

When the bird is to be braised, truss it as a fowl is trussed for boiling, with its legs tucked inside. Put it into a stewpan with a slice of fat bacon cut into dice, and an onion with a clove in it, and turn it about till it is lightly browned all over; pour round it half a pint of strong, well-flavoured stock, and add any bacon bones or meat trimmings that may be available. Cover the pan closely, and simmer gently.

Whilst the partridge is being cooked, the cabbage may be prepared. Procure a freshly-cut tender cabbage, or half a Savoy. Wash it well, drain it, cut out the stalk, and boil it with enough stock to cover it, and a slice of bacon or some bacon bones, pepper and salt. When quite tender, strain it, and cut it into slices. Take up the partridge, strain the gravy, and reduce it by boiling it quickly. Also free it from fat. Place the bacon bones, etc., in the bottom of the stewpan, put a layer of cabbage upon this, then the partridge, then the rest of the cabbage, moisten with the gravy; cover closely, and stew gently for half an hour. The time needed for cooking this dish will depend on the age of the birds. If they are old, three

hours will not be too long ; if they have recently attained their full growth, an hour and a half altogether will be long enough.

To dish the partridges, make a basin very hot, put the cabbage into it, place the partridges on this, and cover with cabbage. Remove the bones, trimmings, onion, etc., make the gravy very hot, and garnish the mould with the bacon. Turn the contents of the basin upon a hot dish, and pour the gravy over all. Fried sausages are sometimes served with partridges thus dressed.

Second Day.

BREAKFAST.

Kidneys and Mushrooms.—Skin and core two sheep's kidneys, and cut them into small, neat pieces. Melt an ounce of butter in a saucepan, and throw in about two dozen champignons, or, if they can be had, the same quantity of fresh button mushrooms may be used, and half a gill of stock. Simmer gently (on no account boil) for seven or eight minutes, and stir well. Throw in the prepared kidneys, and again simmer gently till the kidneys are cooked. At the last moment add pepper and salt, and half a teaspoonful of chopped parsley : also, if approved, half a gill of sherry. Serve hot.

DINNER.

Baked Plaice.—Procure a thick plaice, and lift the fillets from the bone ; wash and dry them, and put them

in a single layer in a buttered baking tin ; salt and pepper them, and sprinkle the juice of a lemon over them, and pour a tablespoonful of stock round them. Cover them with buttered paper, and bake in a gentle oven for about ten minutes. Serve on a hot dish, with their own gravy, flavoured with essence of anchovy poured over them.

Veal Cutlets à la Talleyrand.—Take a slice of veal from the fillet, weighing about one pound, and an inch in thickness. Cut it into rounds half an inch thick and three inches across ; flatten them with the side of a broad-bladed knife dipped in cold water, and carefully remove all skin and sinew, which would cause them to shrink when cooking. Have ready a shallot finely minced, four mushrooms chopped small, a tablespoonful of chopped parsley, a little lemon juice ; the yolks of two eggs, a quarter of a pint of stock ; a gill of cream, a little butter, pepper and salt. Melt two ounces of butter in a scrupulously clean sauté pan, and cook the cutlets very gently without letting them brown. Season them with pepper and salt, sprinkle over them the chopped shallot, mushrooms, and parsley, pour the stock over, and simmer for twenty minutes. Strain off the gravy, and free it from fat. Dish the cutlets in a circle, and keep them hot a minute. Put with the gravy the yolks of two eggs, and stir over the fire for a few seconds to cook the eggs, without letting the sauce boil. Add last of all the cream and a few drops of lemon juice ; pour the sauce over the cutlets, and serve.

Seakale.—Wash some seakale, and tie it in bundles. Put it into boiling salted water, and boil it gently for about twenty minutes, or till tender. Drain and serve.

Savoury Jelly.—Soak an ounce of gelatine in cold water to cover it for half an hour. Put a pint and a half of second stock or water into a perfectly clean saucepan with the gelatine, a small piece of leek, one shallot, a piece of celery, a blade of mace, and either the strained juice of two lemons or a tablespoonful of vinegar, one gill of sherry and half a teaspoonful of salt, also the whites and cleaned shells of two eggs. Whisk the jelly till it rises in the pan, let it boil, draw the pan back and let it stand for twenty minutes; then pour it gently into a jelly bag, disturbing the scum, which will act as a filter, as little as possible. When clear, put it into small glasses, and drop one or two leaves of tarragon and chervil in to set with it.

Salted Almonds.—Take two ounces of sweet almonds, throw them into boiling water, and let them remain on the fire till the skin can be slipped off easily. Skin them, dry them in the oven. Make a tablespoonful of oil or butter hot in the frying-pan, and fry the almonds in it till lightly browned. Drain, and dust with fine salt, and toss the nuts until each one is savoured. If preferred, the almonds can be served hot as soon as salted, or they may be set aside until quite cold. As a salted relish, eaten very sparingly, we may ignore the small quantity of sugar present.

THE GOUTY HABIT.

WE need not concern ourselves with what precisely is meant by the word gout, for in so doing we should run the risk of raising a cloud of disputants, without the likelihood that any further light would be thrown upon the subject itself. If, however, we state the case broadly, and declare gout to be a vice of the system, specially affecting the uric acid exchange, and showing itself by depositions of this material (chalk stones) in the joints and fibrous structures of the body, with the liability to inflammatory attacks in these same parts, all will agree that we have described a salient feature of gout, which will appeal to all parts of the house, from gallery to stalls. For other symptoms and features of gout—and their name is legion—we must be content to relegate them to the doctor. Let him make the diagnosis, and then approve of our diet list.

Uric acid is a nitrogenised body, and in gout we

have, therefore, a perturbation of the nitrogenous waste of the system; but it does not follow that *only* the nitrogenised aliments will cause or share in this perturbation, and experience teaches us that this *non-sequitur* actually holds. However, having first made sure that *inactivity*—enforced, as from sedentary occupations, or the result of indolence simply—is not the cause of the gout present, we shall proceed to diet the patient, and we shall begin by lessening the amount of animal food: *i.e.* we shall lessen the nitrogenised income. There is no evidence that the albuminous constituents of animal tissues favour gout more than the same constituents of vegetable tissues; and the restriction of animal diet is because of the percentage richness of proteids in the former, and for no other reason.

We shall then proceed to *curtail* the consumption of starchy and sugary compounds: these bodies are supposed to interfere with the complete breaking up of nitrogenised compounds.

Thirdly, we shall keep an open mind as to the admission of fat to the dietary: allowing it in moderation in those cases where it agrees well, but keeping its use under careful observation.

Fourthly, we shall watch with grave suspicion the consumption of alcohol, forbidding absolutely the sweeter wines—in particular, port—the sweeter ales and beers, and sweetened spirits. If permitted, the gouty subject should choose from among the following: a dry sherry, a sound claret, whisky; and of these he should partake in very great moderation.

We should add, that some authorities lay more stress on the restriction of sugar and starch than upon that of animal food itself, and that some condemn strongly the use of fat.

But upon most points, with the exception of the alcohol question, we are concerned with restriction—curtailment rather than exclusion; and, indeed, the key-note to gouty treatment is *moderation*. Individual treatment is very important, and we must argue *ad hominem* rather than *ad gentem*. Further, as one author says, we shall have to consider “very often more the man than the ailment.”

The regimen as thus sketched out will be very much upon the lines of the treatment of obesity, but it will differ from it in the restriction of animal foods, and in the yet more cautious use of alcohol.

There remains to mention that gouty people are in general dyspeptics—or, at any rate, that dyspepsia plays an important part in gout. For this reason it is necessary to select the foods according to their digestibility (see Section on Dyspepsia). We now accordingly lay down the following dicta :—

(1) *To limit the bread, rice, and potato group*, and in particular to avoid all forms of pastry and all cakes. Bread in the new state is unsuitable; dry toast, rusks, plain water biscuits (also any form of diabetic bread) will be the best to select from.

Sugar and Preserves of all kinds, also sweet dried fruits, to avoid.

(2) Of vegetables, to select the cabbage tribe in all its variety, and the salad group, as most suitable; but the fruit vegetables may be tried, including even the tomato and the cucumber; the latter if well boiled. Seakale and asparagus may also be tried. Fresh fruits to allow as freely as the digestion will permit: bananas and plantains. Yams are not suitable. Nuts as a class are too indigestible.

(3) Fats and oils, so far as they are tolerated, to

allow ; but foods soaked or cooked in fat or oil, being mostly difficult of digestion, to disallow.

(4) Butcher's meat to be represented by mutton or beef—preferably the former. Pork, veal, cured meats, potted meats not allowed. Bacon toasted or boiled generally suits. Game or poultry permissible. *Butcher's meat at most once a day.*

Fish : the white kinds allowed.

(5) Milk to be admitted freely ; butter and cream cautiously ; cheese to be avoided.

(6) Eggs not very suitable.

Plain cooking is indicated ; highly-spiced, elaborate, tasty dishes should be avoided.

(7) Alcohol (see above) ; tea and coffee, if they agree ; cocoa, especially that from the nibs, will in other cases be the substitute. The table mineral waters very suitable.

DIET TABLES FOR GOUTY HABIT.

First Day.

FRESH FRUIT.

BREAKFAST.

Weak Tea or Cocoa, made from nibs, without Sugar,
but with Milk *ad lib.*

Haddock, plainly boiled.

Dry Toast (eaten with a very little Butter).

LUNCHEON.

Rice Pudding, with Stewed Apricots.

Bread.

Milk, or some Mineral Water, with one or two table-
spoonfuls of Whiskey.

DINNER.

Boiled Fillets of Whiting.

A slice from a Joint of Mutton or Roast Ptarmigan
on Toast.

Broccoli.

Bird's Nest Pudding, with Milk.

Rusks.

Potash, Soda, or Seltzer Water, with one or two table-
spoonfuls of Whiskey.

Second Day.

FRESH FRUIT.

BREAKFAST.

Weak Tea or Cocoa, made from nibs, without Sugar,
but with Milk *ad lib.*

Bacon Rashers.

Stale Bread or thin Dry Toast.

LUNCHEON.

Baked Sole. Bread.

Sound and ripe fresh Fruit.

DINNER.

Vegetable Marrow Soup.

A slice from a Joint or Boiled Fowl or Chicken, with
Mushrooms.

Spinach.

Hydropathic Pudding.

Fresh Fruits.

RECIPES.

First Day.

BREAKFAST.

Tea.—See page 81.

Cocoa made from Nibs.—This beverage is quite unlike cocoa made from the soluble powder, and is much more valuable as an article of diet. It has rather a peculiar taste, to which, however, the palate soon becomes accustomed; and when well made, it is clear and bright, like coffee. As it is necessary to let it simmer for some hours, it must be prepared betimes. In households where it is used regularly, a special saucepan is set apart for its preparation, and this is kept constantly simmering by the side of the stove.

Allow a teacupful of cocoa nibs for each quart of water. Crush the nibs to small pieces under the rolling-pin, soak them all night in the requisite quantity of cold water, and next day let them simmer gently in the same water for six or seven hours. As the water boils away, add a little more from time to time, to preserve the measure. When sufficiently boiled, strain the liquid; let it go cold, skim the fat from the top, and the cocoa is ready. From motives of economy, the old nibs are sometimes boiled with the fresh ones. This plan makes the cocoa strong, and it extracts the goodness thoroughly from the nibs, and thus prevents waste; but the beverage

thus produced is less bright than it otherwise would be. Cocoa shells are sometimes substituted for cocoa nibs. The mode of preparation is the same.

Cocoa made from Prepared Powder.—There are many cocoa powders in the market, but most are not as suitable for invalids as cocoa made from nibs. When any special mode of preparation is recommended, directions for making are given with the package, and these should be followed. When no directions are given, the quantity of cocoa required should be mixed to a paste with cold water; boiling milk, or boiling milk and water, or boiling water should then be poured in gradually with one hand, while the preparation should be stirred gently with the other.

Chocolate.—Carefully made chocolate is a very delicious drink, and though not suitable in the present case, when suited to the condition of the invalid it makes a pleasant change. It is sold in the form of squares or fingers. The following is the method of preparation. Put a small piece of chocolate (about half an ounce) into a saucepan with a cup of boiling water. Stir till the chocolate is dissolved; as soon as the water boils add a teacupful of milk and a lump of sugar. When the chocolate boils once more, serve immediately. Continued boiling will spoil it.

As the size of the shapes and the strength of chocolate of different makers varies, it is well to experiment with one sort until it is found how much chocolate is needed to make for a cup. Chocolate that

is over-strong is indigestible and not agreeable to the taste.

Haddock, plainly Boiled.—Cleanse a moderate-sized haddock, remove its eyes, and truss it with its tail in its mouth. Put a few peppercorns, some salt, and a little vinegar into as much water as will cover the fish. Bring this to the boil, lower the fish into it, bring it again to the boiling point, and simmer till done. The time required will depend on the size and thickness of the fish.

Toast.—See page 85.

LUNCHEON.

Plain Rice Pudding, with Stewed Apricots or other Fresh Fruit.—Wash the rice in two or three waters. This will get rid of the loose starch, and will also do much to prevent burning. If a milky pudding is wanted, two tablespoonfuls of rice will be enough for a quart of milk. When a solid pudding is preferred, it is not unusual to allow nine times as much milk as there is rice. For gouty patients, however, the milky pudding is the better of the two.

A simple way of making the pudding is to put a pinch of salt and a little grated lemon rind with the rice after it has been washed, pour the milk over it, and bake it very slowly in a cool oven. So long as it cooks at all, the more slowly it is baked the more the grains will swell, and the more digestible the pudding will be. A piece of butter about the size of a threepenny piece should be put with it, and it should not be stirred after

it has once begun to bake. One way of ascertaining whether or not the rice is sufficiently cooked is to raise the dish at the side a little. If the rice and milk move together, the rice is cooked ; but if the milk moves and the rice remains at the bottom, it is not.

Apricots, Peaches, or Apples Stewed.—When stewing fruit, it is most important that a dainty saucepan should be used for the purpose. A vessel that has been used for meat or gravy, even though it has been thoroughly cleansed, is liable to convey an unpleasant flavour. Also the fruit should be *gently* stewed ; if boiled hard it will break, and be comparatively worthless. When fruit is very acid, and when it is necessary, as in the present case, to be sparing in the use of sugar, a very small pinch of carbonate of soda may be put with the juices, and this will to some extent modify the acidity.

Mineral water or milk, with one or even two table-spoonfuls of whiskey, may be allowed with the pudding and fruit.

DINNER.

Boiled Fillets of Whiting.—Whiting is exceedingly delicate fish, and very easy to digest. Fillet it by passing the knife from the tail to the head, and lifting the flesh from the bone on both sides. Divide each side into halves, trim the fillets into good shape, pepper and salt them, and boil them in salted water to which a few drops of lemon-juice have been added. Let them simmer gently for a few minutes till cooked through,

but they must not be overcooked. Take up carefully with a slice, dish prettily, and sprinkle chopped parsley on the top. Fish cooked according to this simple recipe will be excellent if it is served hot, and, if everything about it is hot. If half cold it will not be worth eating.

Ptarmigan.—Of late years ptarmigan have been offered for sale in England in great abundance, and when they can be obtained of good quality they are excellent. They vary very much, however, and therefore they need to be carefully chosen. It is said that they are really grouse, whose plumage has been affected by climate, and their flavour by food. Birds, we are told, that have fed on young mountain firs have a taste of turpentine, and are worthless. Those that have fed on the open plains are nearly equal to English grouse. A delicate scent will detect the “turpentine smell.” The birds should be bought at a good shop.

Ptarmigan should be young and plump, and they should be well hung. They should be trussed like a fowl, roasted before the fire or baked in the oven, and basted as much as possible with hot fat. They will take from twenty-five to thirty minutes. When almost done a slice of toast should be put under them. Crumbs made from the crust of bread grated and used dry, or from the inside of a stale loaf, crumbled, passed through a sieve and dried in the oven, may be handed round with the game.

Broccoli.—For all practical purposes broccoli and cauliflower are the same vegetable, though epicures say

that the cauliflower has the more delicate flavour of the two. An advantage which belongs to broccoli is that it is less likely to have caterpillars in it than the other. The secret of making it mellow is to cut the root right across, to put into fast-boiling water to cover it, and to put into the water with it whilst it is boiling a knob of butter and a little salt. When the flowers are soft it should be quickly and thoroughly strained. A little sauce may be poured over it in the dish.

Bird's-Nest Pudding.—Butter a pudding-dish, and put into it two tablespoonfuls of bullet sago well washed, a pinch of salt, the rind and juice of a lemon, and a slight sprinkling of sugar, the less the better. Fill the dish with warm water. Pare four or five good cooking apples, and remove the core without breaking the fruit. Bake till the apples are tender and the sago transparent, and serve with milk.

Second Day.

BREAKFAST.

Bacon.—Rashers of bacon served at breakfast may be fried in a frying-pan, broiled, or toasted in a Dutch-oven, or with a toasting-fork, till the fat is quite clear. Of these three methods the last is the best, and the first is the worst. The rashers should be cut as thin as possible, and the rind should be trimmed away. When the employment of a frying-pan cannot be avoided, the cooking should be very slowly done, and the bacon should be turned occasionally. It is important that

the pan used should be daintily clean, and not at all burnt or black. If a little butter or bacon-fat be made hot in the pan before the bacon is put in, the dish will be improved thereby. This plan is not usual, but it is to be recommended.

LUNCHEON.

Baked Sole.—Skin the fish, lift the fillets from the bones, and trim them neatly. Grease a shallow tin sparingly, enough to keep the fish from sticking to the pan; lay the fillets in it, season them with pepper and salt, and squeeze the juice of a lemon over them; then cover with a dish, and leave plenty of room for soft cooking. In ten or twelve minutes they will be ready. Take up with a slice, garnish with parsley, and serve hot.

DINNER.

Vegetable Marrow Soup.—Pare, seed, and quarter a moderate-sized marrow, and put it into a stewpan with light stock to cover it, an onion, and a little pepper and salt. Let it simmer gently until quite soft, then rub it through a sieve, and mix with the pulp a little more stock. Make it hot, and add at the last moment about a pint of boiling milk.

Boiled Fowl or Chicken with Mushrooms.—When well cooked this is a dainty dish, and it is very wholesome and digestible. The bird should be plucked and drawn with great care; indeed, a chicken needs to be handled very gently, because the skin is so tender that it tears very easily. Truss it quite firmly, rub the

breast with a cut lemon, and wrap the bird in a floured cloth, plunge it into hot water, and when it boils draw the pan back, and simmer gently till done, skimming occasionally. It will take three-quarters of an hour or longer, according to size, but the more slowly it is cooked the better it will be. It will be more tasty if an onion and a small bunch of herbs be put in the water with it. Before serving, a little sauce may be poured over it, and the rest may be sent to table in a boat. Fried bacon should be served with the dish.

Mushroom Sauce.—Take about a dozen freshly gathered mushrooms, peel them, removing all the upper skin, and sprinkle salt among the gills. Let them lie in a cool cellar for two or three hours, by which time the salt will have drawn from them a rich dark-coloured juice, probably enough to cook them in; but if there is not, half a cupful of boiling water or stock may be added. Simmer for a few minutes, season with pepper, and serve either poured over the chicken or in a separate dish.

Spinach.—Wash the spinach in several waters; this is necessary because it has a good deal of grit hanging about it. Afterwards trim it carefully, and remove the stalk from every leaf; if fully grown, the vein that runs up the leaf will need to be trimmed away also. If the spinach is young, it may be boiled without more water than clings to the leaves; if old, it should be put into lightly salted boiling water. In either case it will need to be pressed down with a spoon. When tender, drain it and squeeze the water from it, then either

rub it through a sieve to make it smooth or chop it finely. A few minutes before it is wanted, strain away any moisture that may have run from it with standing, put it again into the stewpan, with a table-spoonful of milk or gravy, and a little pepper and salt. Turn it about till it is hot through and has become dry. Have ready a hot mould, put the spinach into it, press it to make it take the shape of the mould, turn it into a hot tureen, and serve.

In ordinary cases, when fat is not considered objectionable, a good slice of butter should be put into the stewpan with the spinach, and the vegetable should be turned about with this until dry. For gouty subjects, however, fat in cookery is to be avoided, and for them, therefore, gravy is substituted.

Hydropathic Pudding.—Take fresh fruit in season, and stew it with a little water to make it soft. Whilst it is cooking prepare a basin to receive it. Take a slice of stale bread. Stamp out of it a round piece about the size of half-a-crown, and place this at the bottom of the basin; arrange round it in an upright position, and with an inch and a half between each, thin strips of bread cut into fingers, of a size to come to the top of the basin. While the stewed fruit is warm, put it gently, a spoonful at a time, into the basin, trying not to disturb the bread. Cover the surface with bread cut into dice and with crumbs, put a saucer with a weight on the top, and leave it till cold. The pudding will turn out in a shape.

GRAVEL AND STONE (URIC ACID VARIETY OF).

IN these disorders the same substance which in gout tends to separate within the tissues of the body, tends here to separate within the urinary passages ; but this, as Sir W. Roberts draws attention to, is a very important distinction, since the precipitation within the urinary passages is, physiologically considered, outside the tissues. What the exact relationship is between gravel and gout is not very clear, but they are certainly not two forms of one and the same thing. However, the fault in each case is an excess of uric acid, and, provisionally we may therefore apply the same dietetic treatment. We shall, hence, exercise especial caution in the use of alcohol, sugars, starches, and fat ; and we shall restrict the use of animal food. In both gout and gravel we ought to start with a prejudice against *fat*.

DIETARY TABLES FOR GRAVEL AND STONE.

First Day.

BREAKFAST.

Tea, Coffee, or Cocoa made from nibs, with Milk *ad lib.*

(all without sugar). Stewed Mushrooms.

Dry Toast or stale Bread and Butter in moderation.

LUNCHEON.

Sole on Toast. Baked Apple. Rusks.

DINNER.

A small slice from a Joint, or Sweetbread.

One Potato baked in its skin. Turnip Tops.

Blancmange made with skimmed milk.

Celery or Plain Salad, with Water Biscuits and a little
Butter.

Second Day.

BREAKFAST.

Tea, Coffee, or Cocoa made from nibs, with Milk *ad lib.*
(all without sugar).

Rasher of Bacon. Dry Toast or stale Bread and Butter.
Tomato Sandwiches.

LUNCHEON.

Filleted Plaice, baked. Sago Shape. Small Biscuits
with very little Butter.

DINNER.

A small slice from a Joint, or Minced Collops.
Rice served as a vegetable, plainly boiled. Greens.
Apple Mould. Devonshire Junket.
Cheese, such as Brie or Camembert, with Watercress and
plain Biscuit.

RECIPES.

*First Day.**BREAKFAST.*

For tea or coffee, see pp. 81, 89.

Cocoa made from Nibs.—See p. 124.

Stewed Mushrooms.—Mushrooms that are to be used for breakfast will probably have been gathered overnight. Peel them as soon as they are delivered, put them with the handles sticking up into a soup-plate, and sprinkle a little salt about the gills. Leave them till wanted. The salt will draw out of them a rich wine-tinted juice, and there will probably be enough for stewing them. If there is not as much gravy as is needed, a wineglassful of hot water and a knob of butter, or preferably a little cream, may be put with them. Stir the mushrooms till they bubble. Have ready a slice of bread toasted on both sides. When the mushroom gravy rises in the pan, the mushrooms will be

cooked. Turn them at once over the toast in a deep dish, and pepper them well : they are already sufficiently salted. Either cream or broth, or a mixture of the two, may be used for stewing mushrooms thus ; but both the butter or cream should be used very moderately.

LUNCHEON.

Sole on Toast.—Take a small sole, and lift the flesh from the bone to make four fillets. Trim these, and twist them neatly ; then put them into a saucepan with a gill of boiling water, a few drops of lemon-juice, pepper, and salt. Bring the water again to the boil, draw the pan back, and simmer gently for five minutes. Drain and lay each fillet on a square of toast, mix a little milk with the stock, and add a little chopped parsley ; pour a spoonful of sauce over each fillet, and serve.

Apple, Baked.—See p. 89.

DINNER.

Sweetbread.—This food is very easy of digestion, and therefore when carefully prepared it is very suitable for those who are not in robust health. The following is a simple way of cooking it, when basting it or frying in fat is not allowable. Procure a young sweetbread, wash it as soon as it is sent in, and lay it in salt and water for an hour ; then parboil it for about ten minutes. Take it up, lay it in cold water, and when quite cold, peel it and

trim it, carefully removing all loose skin and gristle, and leaving only the soft white meat. Put it back again into the saucepan with stock to cover it, an onion, pepper and salt, and a little lemon-juice. Simmer for about twenty minutes, dish the sweetbread on toast, pour the sauce over it, and send rashers of bacon to table with it. A little milk may be added to the sauce if liked.

Baked Potato.—See p. 150.

Turnip Tops furnish an excellent vegetable; their slightly bitter taste is generally approved by dainty eaters. They need to be carefully prepared, however, if they are to be enjoyed in perfection. Wash them thoroughly, and trim away all the stalks. Throw them into plenty of fast-boiling salted water, and boil them quickly with the lid off the pan till tender. Draw the water from them, pressing them well, chop finely, return them to the saucepan, dredge with pepper, and flavour with a few drops of vinegar. Toss over the fire till hot, mould in a hot basin, and serve.

Blancmange made with Skimmed Milk.—Soak half an ounce of refined gelatine in cold water, to cover it, for an hour or more. Boil a pint of milk with an inch of stick cinnamon till agreeably flavoured, and sweeten it with saccharine if approved, or put a little salt with it. Pour it boiling on the gelatine, and stir till the latter is dissolved. When cold, strain the milk through muslin, and when it is beginning to thicken, put it into a prettily shaped mould, and serve on a glass dish.

Second Day.

BREAKFAST.

Rasher of Bacon.—See p. 129.

Tomato Sandwiches.—Cut wholemeal bread, or white bread two days old, into slices, and butter them very lightly. Have ready some ripe, fresh tomatoes which have been cut into slices with a sharp knife and salted rather liberally. Sandwich the tomatoes between two pieces of bread and butter, press them well together, and cut into fingers. Pile them crosswise on a dish, and garnish with parsley. These sandwiches are very refreshing and appetising.

LUNCHEON.

Filleted Plaice, Baked.—Choose a thick plaice. Wash it well in cold water, and dry it in a cloth; then put it on a board, with a sharp knife remove the skin from the back of the fish, cut off the head and tail and take the flesh from the bones, dividing it into neat pieces convenient for serving. Lay the pieces in a single layer in a buttered baking-tin, pepper and salt them, and squeeze the juice of a lemon over them; then cover with greased paper. Bake in a moderate oven for ten or twelve minutes. Serve with Worcester Sauce.

The fillets of many sorts of fish are excellent when cooked in this simple way. Should the small amount

of butter here used tax the digestion, exchange for boiled plaice.

Sago Shape.—Soak two tablespoonfuls of sago for an hour in milk, then boil with more milk to make up the quantity to a pint. Boil till clear, add flavouring, with saccharine if desired, and stir in a tablespoonful of gelatine which has been soaked in water for an hour and dissolved. Mix thoroughly; when quite cold pour into a shape, and turn out for use next day. A little stewed fresh fruit may be served with this dish.

DINNER.

Minced Collops au Naturel.—Take half a pound of tender rump-steak, free from fat, skin, and gristle. Mince it well, and season it with pepper and salt. Put it into a daintily clean saucepan, set it on a gentle fire, and let it simmer very slowly in its own gravy for ten or twelve minutes, stirring it with a fork to keep it from getting into lumps. If it should get too dry, add half a gill of boiling stock or gravy, simmer two minutes longer, and serve. This very simple dish is sometimes much liked by invalids.

Rice Served as a Vegetable.—Rice that is to be used as a substitute for potato may be prepared in two ways: either it may be plainly boiled as for curry, or it may be cooked in stock, and made savoury with onions, etc. Two recipes are here given, but gouty patients would do well to prefer rice plainly boiled.

Rice Plainly Boiled.—Choose Patna rice for the purpose. Wash it in two or three waters, drain it, and throw it into plenty of fast-boiling salted water. Two quarts of water will be needed for a quarter of a pound of rice. Boil fast for thirteen minutes, or till the grains crush easily between the thumb and finger. Pour the water off, and let it dry in front of the fire, stirring it with a fork now and again to separate the grains.

Rice Cooked in Stock.—Take a good-sized onion, chop it finely, and fry it in fat till lightly browned. Put it in a stewpan with a cupful of rice and a quart of well-flavoured stock. Let it boil, then draw the pan back, and simmer gently till the rice swells and becomes tender. As the rice absorbs the liquid, add more, and stir the rice or shake the pan occasionally to prevent burning. Season with salt and cayenne, and, if approved, add about two tablespoonfuls of grated Parmesan before serving. Also, if approved, a tiny pinch of powdered saffron or a gill of tomato purée may be stewed with the rice to colour and flavour it.

Greens should be well washed and cleansed, then plunged into plenty of salted water that is boiling fast, and boiled with the lid off. When done, turn them into a warm colander, and squeeze the water from them with the back of a plate. Put them into a hot vegetable-dish, sprinkle pepper and salt on them, and cut them across several times.

Apple Mould.—Take a pound of baking apples, pare,

core, and quarter them, and put them into a baking-dish or stewpan with a little water, and let them cook gently till soft. Whilst they are simmering, put half an ounce of gelatine to soak in a gill of water. Beat the apple to pulp, dissolve the gelatine, put it with the fruit, add a little lemon-juice or grated nutmeg, and mould when cold. If sweetness is desired, this dish may be sweetened with saccharine, and the lemon-juice may be omitted. It is to be remembered, however, that in the disease now under consideration, special caution is to be exercised in the use of sugar.

Devonshire Junket.—Heat a pint of new milk till lukewarm, and sweeten and flavour it with saccharine, a tiny pinch of powdered cinnamon, and a dessertspoonful of brandy. Pour the flavoured milk into the dish in which it is to be served, and stir into it a dessertspoonful of prepared rennet; then leave it untouched until it is firm. It will probably arrive at this condition in about three hours. The more rennet used, the more quickly it will turn; but the less rennet used, the more dainty the junket will be, so long as there is enough to turn it at all. Rennet varies in strength, so that it is scarcely possible to say exactly how much will be required.

RHEUMATISM.

THIS heading covers more than one affection ; and, unqualified, it is sufficiently vague. It is necessary, in the first place, to exclude acute rheumatism (or rheumatic fever, as it is frequently called) ; and in the next place—a more difficult task—the affection known technically as rheumatoid arthritis, and, popularly, as rheumatic gout. Thus expurgated, rheumatism will constitute a chronic trouble, characterised by pain and stiffness in one or more joints, or in certain muscles of the body (muscular rheumatism).

The disease is, unfortunately, very common, not to say popular, and we need not be more precise in defining it ; but, at the same time, though we do all “know rheumatism,” yet we must not overlook certain affinities to gout, as well as to the above-mentioned diseases, and be sure of the mischief confronting us before we attempt to treat it.

The diet in rheumatism will resemble that in gout in the avoidance of the sugar group: sweet foods, sweet drinks, and, in particular, the sweeter, more fruity wines, and the more full-bodied ales and beers. This will be the chief abstention. Unsweetened spirit, preferably whisky, is the best form of alcohol.

The bread, rice, and potato group is allowable in moderation, and so far as the digestion can cope with it. Rheumatic subjects are often the victims of acid dyspepsia, and must, on this account, be cautious in the use of this group. In any case, no forms of pastry or cake are allowed.

Fats, so far as they are assimilable, appear to be beneficial. We should, indeed, rather press this group.

Albuminous foods: Meats should be taken in moderation, and plainly dressed. We should restrict the quality perhaps more than the quantity—*e.g.*: of fish, allowing the lighter kinds, white; of birds, the white-fleshed poultry and game (wild-fowl are less suitable); of meats, mutton preferably; and of the special parts of animals, tripe, sweetbread, brains, calf's head, calf's feet will be found suitable. Cured

meats should not be eaten. Eggs and milk may be taken without restriction.

We have said nothing about vegetables and fruits. These may be enjoyed in the fresh state, with few exceptions; of the former, we shall do well to avoid carrots, and parsnips, and beet, and to be cautious with the group of the fruit-vegetables; of fruits, we shall avoid those which require sugar as an accessory, unless we are content to forego the sugar; also plums and cherries. Preserved and dried fruits are not advisable. The presence of dyspepsia—as stated, a not infrequent accompaniment of rheumatism—will involve, on its own account, other restrictions.

Rheumatism is found among the full of habit and the generous-living, but it torments also the ill-fed and ill-clothed; and whilst the former will require a more abstemious mode of living, the latter will need feeding-up, but this may be done on the lines just mentioned.

DIETARY TABLES FOR RHEUMATISM.

First Day.

BREAKFAST.

Tea or Cocoa, with plenty of Milk, but without Sugar.

Ox Eyes (Baked Egg on a round of Toast).

Toast or Stale Bread, with Butter. A Baked Apple.

LUNCHEON.

Boiled Tripe. Onion Sauce. Potato, Boiled, Baked, or
Roasted.

DINNER.

Julienne Soup. Marengo of Chicken. Fried Potatoes.

Cauliflower with Sauce Blanche.

Lemon Rice Pudding.

Second Day.

BREAKFAST.

Tea or Cocoa, with plenty of Milk, but without Sugar.

Bacon. Toast, with Butter. Fresh Fruit.

LUNCHEON.

Savoury Omelette. Apple Snow and Milk.

DINNER.

Boiled Turbot. Loin of Mutton, Boned and Rolled.

Browned Potato. Seakale.

Ladywell Pudding.

RECIPES.

First Day.

BREAKFAST.

Tea.—See p. 81.

Ox Eyes.—Take some stale bread, and cut a slice three-quarters of an inch thick. Toast and stamp it into rounds with the top of a teacup, and out of the middle of each one take a smaller round, the size of the top of an egg-cup, being careful to keep the bottom of the round whole. Butter a dish that can be put into the oven, lay the rings in it, salt them, then cover them with milk, and let them soak till soft. Drain away the milk, and put a raw egg in the middle of each ring; sprinkle a little pepper and salt on them, and put a teaspoonful of milk on each egg. Cover and bake in a hot oven until the whites are set, but they must not brown. If the dish on which they are baked cannot be sent to table, take up the eyes carefully with a slice, and place on a hot dish.

Baked Apple.—See p. 89.

LUNCHEON.

Boiled Tripe. Onion Sauce.—When daintily cooked, tripe is easily digested and wholesome; when insuffi-

ciently boiled, it is hard, leathery, and unpalatable. It is cheap meat, and is generally plentiful in large towns. It is partially boiled before it is offered for sale, and some people think that on this account it needs very little cooking after it is brought home. This is a mistake. The preliminary boiling which it receives from the dresser is part of the process of cleansing it, not of cooking it, and this has to be done thoroughly, because it is most necessary that tripe should be scrupulously cleansed. It can be cooked in several ways. With them all it should, in the first instance, be blanched—that is, it should be put into a saucepan of cold water, allowed to boil, then taken out and scraped.

There are two or three sorts of tripe. What are called “blanket,” or “double,” and “honeycomb” tripe are understood to be the best.

To boil one pound of tripe, blanch it, then cut it into neat squares of about two inches. Put it into a saucepan with a pint of milk, and with it four onions which have been peeled and cut through into quarters; bring the milk to the boil, and simmer for at least two hours. If, at the end of that time, the tripe feels quite soft when a fork is pushed into it, it is enough; if not, it must be simmered a little longer. Take out the onions, and chop them finely. Mix a dessertspoonful of flour with a little pepper and salt to a smooth paste with cold water in a basin. Take up the pieces of tripe, and stir the hot milk to the thickening. Stir again over the fire with the onions till

the sauce boils ; put in the tripe once more, and simmer again for about ten minutes, or till the tripe is hot through. Serve very hot.

Potato.—A potato perfectly boiled is a greater rarity than at first sight appears. Because the work necessary thereto is easy, it is too often carelessly performed. The condition of the saucepan used for boiling has a great deal to do with the excellence of the potato. A saucepan that is used for stews and general cookery ought not to be used also for boiling potatoes. It is well to reserve a special saucepan for this purpose. Also it is to be remembered that old potatoes and new potatoes must be treated differently, and that potatoes that break easily are best when steamed.

To Boil Old Potatoes.—First wash and well brush the potatoes, and as each one is peeled throw it into a bowl of clean cold water ; on no account let it lie in the same water with the parings and refuse. When peeling it, carefully remove the specks and eyes, and peel the skin as thinly as possible. The potatoes will be better for lying in water for a while. Take care also to cook together potatoes of an equal size. Drain the potatoes and put them into a saucepan with as much cold water as will abundantly cover them, and bring them to the boil very gently, the slower the better. When they can be pierced through with a fork, drain off the water, cover them closely with a clean, soft cloth, put the lid on the pan, and set the pan by the side of the stove for ten minutes or so, that the potatoes may finish

cooking in their own steam. Shake them a little, and serve.

To Steam Potatoes.—Prepare the potatoes as above, put them into the steamer over a saucepan of fast-boiling water, and let them steam till a fork will pierce them. Lift the steamer off the saucepan, cover the potatoes with a cloth, let them stand two or three minutes, shake, and serve.

To Boil New Potatoes.—New potatoes are never so good as when freshly dug out of the ground. For boiling, choose them of one size, wash and brush them well. As each one is finished, throw it into clean cold water. If the potatoes are not quite fresh, they will need to be lightly scraped with a knife, instead of being brushed only. Put them into boiling water, sprinkle salt over them, and boil them until they feel tender when pierced with a fork. Draw off the water, lay a clean cloth over them, put the lid on the pan, and let them stand by the side of the fire till quite dry. Serve on a hot, folded napkin, and do not put the cover on the tureen.

Roasted Potatoes.—When the fire is suited to this mode of cookery, medium-sized potatoes are excellent for eating after being buried in the ashes of an open fire for half an hour or more, according to their size. The dust should then be brushed off, and the skins burst by squeezing. It is to be noted that potatoes which have been baked in the oven or roasted in hot ashes are more valuable for invalids than potatoes boiled.

Baked Potato.—Potatoes of a moderate size should be chosen for baking, and when two or three are to be cooked at one time, they should be as nearly as possible of a size. Wash in lukewarm water, and brush until thoroughly clean. Dry with a cloth, and bake in a very hot oven until they feel soft when squeezed with a cloth held in the hands. They ought to be cooked enough in from forty-five to fifty minutes. It is to be noted that potatoes baked in a hot oven are more easy of digestion than if slowly baked. When ready, they should be pressed until they crack slightly, as this will keep them from becoming heavy. They should be dished upon a hot napkin.

DINNER.

Julienne Soup is simply clear soup which has shred vegetables thrown into it as a garnish.

To make the *Clear Soup* proceed as follows:—Take two pounds of fleshy beef, without fat or skin, from the silver-side or buttock, and tie it round to make it compact. Put it into an enamelled saucepan, or into an earthenware pipkin, if such a thing is at hand, and let it brown over the fire for ten minutes. Turn it once during the time, and move it to keep it from burning, sticking a large fork into it when doing so to let the gravy escape. A few bones may be put with it, and they will be a valuable addition, provided only that they are free from marrow and fat. They should be put under the meat. Pour on three pints of cold water, and

add a small tablespoonful of salt. Let the liquor come very slowly to the boil, and carefully remove the scum as it rises. Throw in a teacupful of cold water, bring to the point of boiling again, and skim again. Repeat this process three times. When no more scum rises, put in two carrots, a turnip, two onions, one leek, a bunch of parsley, four bay-leaves, and four cloves; draw the pan to the side of the stove, and simmer gently for four hours. If the scum is effectually removed in the first instance, this soup will not need to be clarified, and it will be clear and bright like sherry.

If liked, half the quantity of beef can be used when making this soup, and a little Liebig's extract of meat can be stirred in at the last to make it taste stronger.

To prepare the shred vegetables for Julienne soup, take a carrot and a turnip. Scrape the carrot, cut it into slices about an inch long, and pare these round and round in ribbons; then cut the ribbons into strips, thus making them into lengths of the size and thickness of half a match. Peel the turnip, and cut it into slices, and afterwards divide these into strips of the same size. Throw the vegetables into clear water as they are done; boil the turnips for five minutes, the carrots for fifteen minutes, then drain them; throw them into the soup. Under ordinary circumstances, prepared vegetables should be fried in a little butter till lightly browned, then simmered gently in the soup. For the use of invalids, however, they are better plainly boiled, because thus cooked they are more digestible.

Vegetables already prepared for Julienne can be bought at any Italian warehouse. They require to be soaked overnight, and boiled gently till perfectly tender.

It is not unusual to have a little onion and celery, cut into strips, put into Julienne garnish, as well as turnip and carrot. To make a change also, asparagus tips can be added in spring, peas in summer, and French beans in autumn. The green vegetables ought, however, to be boiled apart from the rest of the garnish, or they will lose their colour.

Marengo of Chicken.—A Marengo of Chicken can only be produced in perfection from a young bird. It is a very appetising dish.

Divide the chicken into ten pieces—that is, two legs, two wings, two pinions, two back pieces, and two breast pieces. The wings should be taken with the muscle belonging to them, and cut from the body slantwise, so that the flesh can be laid over the bone. The legs should be cut as long as possible.

Pour a quarter of a pint of salad oil into a stewpan, and make it hot. Throw in a shallot, a little salt, five or six peppercorns, a small blade of mace, and a pinch of herbs, and, after stirring these over the fire for a minute or two, put in the pieces of chicken, and turn them about till they take a good brown all over. Drain away the oil, and remove the herbs, etc. Pour a pint of stock over the chicken in the same stewpan, and simmer three-quarters of an hour. Now add a quarter of a pint of tomato purée, a little piece of glaze about the

size of a nut, and, if they are to be had, a dozen button mushrooms. Simmer some minutes longer, and serve. When preparing this dish, it is necessary to remember that the legs need to be cooked a little longer than the other portions of the bird. They should, therefore, be put into the oil first and taken out last.

Fried Potatoes.—See p. 205.

Cauliflower with Sauce Blanche.—Boil a cauliflower or broccoli until it is mellow and tender (see Broccoli, p. 128). Drain it well, and squeeze it to make it round and compact. Pour a little Sauce Blanche over it, and serve hot.

Sauce Blanche.—Mix three-quarters of an ounce of flour to a smooth paste with a little cold water, and pour on it as much boiling water as will make the entire quantity half a pint, stirring it well. Put it in a small saucepan, and stir it till it boils. Let it cool; add the yolk of an egg and a little salt. The ordinary way of making Sauce Blanche is to melt an ounce of butter in a small saucepan, mix three-quarters of an ounce of flour with it, and add the water and yolk of egg. Sauce thus made is mellow and richer than when made as described above. It is, however, also less digestible; therefore, when wanted for the use of invalids, it should be plainly made. A knob of cold butter may be stirred into it at the last moment if approved.

Lemon Rice Pudding.—Wash a small teacupful of rice, and boil it in a pint of milk till soft. Add a little

saccharine or sugar, an egg, and the grated rind of a large lemon. Turn into a buttered dish, and bake in a moderate oven until the surface is lightly browned. Pour on the top the juice of a lemon, and serve.

Second Day.

BREAKFAST.

Tea.—See p. 81. *Bacon.*—See p. 129. *Toast.*—See p. 85.

LUNCHEON.

Omelette.—An omelette made with two eggs is a very suitable dish for an invalid, and it is very quickly and easily made. It is desirable, however, to keep one small frying-pan specially for this dish, which should never be washed out, but should be rubbed briskly before and after use with clean soft white paper.

Break two eggs into a basin, remove the specks, beat the eggs well, and put with them a little pepper and salt and a dessertspoonful of chopped parsley. If liked, a pinch of finely chopped chives, or a piece of shallot or onion the size of a pea, and minced very finely, may also be added. Put half an ounce of butter in the omelette-pan, and when very hot pour the beaten eggs, etc., gently upon it. In half a minute they will begin to thicken and look lumpy. All that is now wanted is to keep putting a fork or the blade of a knife under the omelette, and scraping it, to prevent it sticking to the pan,

especially at the edges and the middle. Leave off scraping a little before it is firm all over; lift the handle of the pan, and roll the egg together, thus making a sort of cushion. Hold it high for a minute, then lower the handle of the pan, slip the knife behind the egg, turn it over, and slide it on the dish. It ought to be set outside, and almost liquid in the centre. It should be eaten at once.

Apple Snow.—Take two or three apples, and bake them (see p. 89) till they fall. Scrape out the pulp with a silver spoon, and be sure there are no lumps. When it is quite cold, whisk the white of an egg till it is firm enough to be cut with a spoon. Mix thoroughly, and beat well to make a froth or snow; then pile on a dish and serve. Sometimes apple prepared thus is put into a shallow dish, and baked for a few minutes. The thin rind and juice of half a lemon may also be added.

DINNER.

Boiled Turbot.—Turbot is easy of digestion, and has a delicate flavour; therefore, when in good condition, it furnishes excellent food for invalids. The fish is at its best when cooked whole, and it would be difficult to name a more acceptable dish for a sick person than a cut taken from a boiled turbot. At the same time, small slices can be taken from it with ease, and when special dishes have to be prepared this is a convenience. The recipe here given is for cooking

a small piece of turbot. It is to be noted that slices from the middle and back of the fish are the best; and a great gastronomer has given it as his opinion that the flesh on the dark-coloured side of the turbot is to be preferred to the flesh on the white side.

Take a portion of turbot, and trim it neatly. Lay it on a dish, pour half a gill of vinegar over it, add three or four peppercorns, and let it lie for an hour; turn it once or twice during the time. If possible, provide fish stock, made by boiling the trimmings of the fish in water, in which an onion, a little salt, a slice of turnip and another of carrot, and a pinch of mixed herbs have been simmered. Strain the stock, let it boil, and lay the portion of turbot in it. Let it simmer gently, but do not allow it to boil, until done. When the flesh leaves the bone easily it is ready. Drain it, and serve it on a hot dish, with Dutch or anchovy sauce. The slice of turbot may be garnished with chopped parsley and hard-boiled egg passed through a sieve.

Loin of Mutton Boned and Rolled.—A small piece of the loin of mutton, consisting of two or three chops, boned and freed from fat, and rolled compactly, furnishes an excellent small roast for an invalid. It may be wrapped in two or three folds of buttered paper, and baked in the oven, and, if well basted and carefully cooked, it will be tenderer and more full of gravy than one chop cooked separately could be. The paper should be removed a short time before the mutton is dished, in order that the meat may be coloured properly. The

gravy for this dish should be well coloured and free from fat. It can be made by browning the bones of the mutton, with an onion cut small, and stewing them well in stock or water. A baked tomato is an excellent accompaniment to loin of mutton.

Browned Potato.—Peel the potatoes in the usual way, and half-boil them. Drain them before they begin to soften, and put them in the dripping-tin in the oven with the meat. Baste them now and again during the process of cooking. They will probably need to bake as long as the meat bakes. They will be much more wholesome if partially boiled beforehand, than if cooked wholly in the oven.

Seakale.—Wash the seakale thoroughly, and trim it neatly, then tie it in a small bundle with tape, as twine would be likely to cut the tender stalks. Put it into as much fast-boiling salted water as will cover it; it will take about twenty minutes. Drain well, and serve on toast.

Ladywell Pudding.—(A light pudding easy of digestion.) Mix a tablespoonful of flour and a little grated nutmeg to a smooth paste with cold milk, and add a little sugar to make the pudding palatable, remembering always that for rheumatic subjects sweetness is to be avoided. Pour on half a pint of boiling milk, and stir well. When cold, add an egg beaten and half a wine-glassful of sherry. Pour the preparation into a buttered pie-dish, and bake half an hour.

“RHEUMATIC GOUT.”

THIS name describes, but not happily, a painful affection of the joints, sometimes acute, more often chronic, and tending to more or less deformity and permanent fixation. Faulty though the name is, it has established itself too firmly to be easily got rid of. This is the more to be regretted that the resemblance to gout is very superficial, and that the treatment suitable in gout is quite unsuitable in rheumatic gout, and may be disastrous. Neither can it be said that any real relationship to rheumatism has been proved, so that, as it stands, the heading is a misnomer.

Many regard the disease as of nervous origin, and depressant agencies are frequently found to have been at work. The dietetic treatment cannot be said to have taken definite form, nor is it necessary that it should crystallise. The great point to bear in mind is that the patient will not bear

lowering treatment of any kind, and that hence the regimen should be a generous one, including even the use of stout or porter. *Fats seem to be of special value.*

To describe the diet briefly, we would say, the rheumatic diet without its restrictions—in other words, a full dietary—and with special mention in favour of fats. We would not be misunderstood in our use of the word “generous”: this must not be interpreted as *carte blanche* to the pastry-cook and confectioner, the market for whose productions is outside our limits. Sugar as a sweetening agent may be allowed in moderation, but *sweets* should not be taken.



DIET TABLES FOR RHEUMATIC GOUT.

First Day.

BREAKFAST.

Tea, Coffee, or Cocoa, with plenty of Milk.

Baked Fresh Herrings.

Dry Toast, or Stale Bread with Butter. Baked Apples.

LUNCHEON.

Chop. Tomato Salad. Savoury Omelette.

DINNER.

Fried Sole. Braised Mutton. Jerusalem Artichokes.

Cabinet Pudding.

Second Day.

BREAKFAST.

Tea, Coffee, or Cocoa, with plenty of Milk.

Buttered Eggs. Sardines. Toast. Butter.

Stewed Prunes with or without Cream.

LUNCHEON.

Beef Stew. Cheese.

DINNER.

Ox-Tail Soup. Broiled Chicken.

Potato Puff. Spinach.

Rice with Apricots.

RECIPES.

First Day.

BREAKFAST.

Baked Fresh Herrings.—Fresh herrings carefully cooked furnish a very appetising dish for breakfast, and they are very nourishing and wholesome.

Take one dozen herrings, half with soft, half with hard roes. Scrape and wash the fish well, cut off the heads, split the bodies in halves, and take out the bone. Rub each half with pepper, salt, and a very little mustard, and powdered allspice. Roll each half separately, leaving the tail outwards, and pack the rolls in a china jar. (A jar of the sort and size used for table salt will answer excellently.) Pound the soft roes, and mix half a pint of vinegar and a little water; throw the liquid over the herrings. Put a couple of bay-leaves on the top of the fish, and bake in a slow oven for about an hour.

When herrings can be bought fresh for the morning meal—and in certain towns they are often hawked round early in the day—they are very good fried for breakfast. When they are to be cooked thus, they need only to be opened, emptied, cleansed, have their heads cut off, be lightly peppered, salted, and floured, and laid in an ordinary frying-pan, in as much hot fat as will cover

them. They will be done in a few minutes, and their condition must be judged by their appearance. If the fat is properly hot before the herrings are placed in it, and if they are laid on a plate covered with kitchen paper for a minute or two before being served, in order that superfluous fat may drain from them, they will not be greasy when cooked thus.

Dry Toast (see p. 85).—Toast is very easily digested, therefore it is very often given in illness. It should be served as soon as it is made, if possible. When this is not practicable, pile the slices on a dish, cover with a napkin, and put the dish on the hearth or in the oven.

Baked Apple (see p. 89).—Serve the apple hot. In cases of rheumatic gout, food should be preferably served hot.

LUNCHEON.

Mutton Chop.—See p. 105.

Tomato Salad.—Take a ripe red tomato, cut it in slices a quarter of an inch thick. Mix in a spoon two pinches of salt, one of pepper, a teaspoonful of vinegar, and the same measure of oil. Baste the slices with the dressing, a few minutes before serving.

Savoury Omelette.—See p. 154.

DINNER.

Fried Sole.—This dish is generally approved by invalids, but this mode of cookery should never be adopted unless it is certain that the fish is quite fresh.

If there is the slightest doubt as to its condition, lift the flesh from the bones, and cook the fillets. Pains should be taken also to make the fish quite dry before frying it ; “nothing will fry crisp that is wet.”

A moderate-sized sole is the best for frying. Scrape and cleanse the fish, and dry it thoroughly. In order to secure perfect dryness, it is advisable to dredge it lightly with flour. Beat an egg, and with it brush the sole all over, then cover it with finely sifted bread-crumbs, seasoned with pepper and salt. Have as much frying fat in the pan as will cover the fish ; when it boils, not before, lay the fish in it, and fry till it is a rich brown. If the fat is not hot, the fish will be greasy and limp. Should it not be practicable to provide sufficient fat to cover the sole, fry it first on one side, then on the other. Have ready a dish covered with kitchen paper, and lay the sole upon this for a minute to drain it. The time required for frying a sole will depend upon the thickness. A moderate-sized sole will take from six to ten minutes.

Braised Mutton.—Take a piece of the shoulder, loin, or best end of the neck of mutton, weighing about two pounds. Trim it neatly, so that it will stand squarely and compactly on the dish when cooked. Put a liberal slice of sweet dripping into a saucepan, make it hot, and put the meat into it, then turn it about until it is lightly browned all over. While the meat is colouring, put with it some pepper and salt, about twenty small button onions (when peeling these be careful not to cut into

them), and half a dozen young carrots or turnips cut into fancy shapes or into quarters. When the meat is brown, drain away the fat, flour the mutton, pour on about a pint of hot water or stock, and stir it till it boils. Put with it a shallot wrapped in parsley, cover closely, and simmer for an hour and a half. When half cooked, put in a dozen small onions of an even size. Before dishing the meat, take out the herbs, and serve very hot. The potatoes cooked thus will be excellent.

Jerusalem Artichokes.—If a vegetable is desired in addition to those cooked with the mutton, a pleasant change may be obtained by using Jerusalem artichokes. Take as many artichokes as will be required; three or four large ones will probably be sufficient. Wash, brush, peel, and trim them. If convenient, arrange to cook them in a dish that will bear the heat of the oven, and can be sent to table. Melt an ounce of butter or sweet dripping in this, put in the artichokes, sprinkle pepper and salt on them, and bake till soft and brown in a quick oven, basting them frequently. The time required for cooking will depend on the age; young roots will be done in about half an hour. If preferred, the artichokes can be boiled in salt and water, instead of being baked. They should then be coated with white sauce.

Cabinet Pudding.—Take a breakfast-cup or small basin or mould that will hold half a pint, and butter it inside. Fill it lightly with alternate layers of stale sponge biscuits and ratafias. Just before cooking the pudding pour on a custard made with a quarter of a

pint of boiling milk poured upon one egg, sweetened with a teaspoonful of sugar, and flavoured with lemon and vanilla. Lay a round of buttered paper on the top of the pudding, set it in a saucepan with boiling water to come half-way up the basin ; cover closely, and steam very gently till set. Turn out carefully, and pour the sauce over.

German Sauce and Lemon Sauce are both excellent for a pudding of this kind.

German Sauce.—Put the yolks of two eggs, a wine-glassful of sherry, and a dessertspoonful of castor sugar into a double saucepan, that is, a saucepan with water under the vessel that contains the material to be cooked. Set the pan on the fire, and mill the sauce with an egg-whisk until it begins to thicken and rise in the pan. It will take about ten minutes.

Lemon Sauce.—Boil a tablespoonful of loaf-sugar in a gill of water to a clear syrup, add the strained juice of a large lemon and half a wineglassful of sherry.

When a superior sauce is provided for a pudding of this description, a satisfactory result will be obtained by using stale bread instead of ratafias and sponge biscuits.

Second Day.

BREAKFAST.

Buttered Eggs.—Break two eggs into a basin and beat them lightly with pepper and salt, and half a gill of milk or cream, or half milk and half stock may be

used. Melt a little piece of butter the size of a filbert in an enamelled saucepan, pour in the eggs, and keep stirring them one way over a gentle fire until they begin to thicken ; then lift the pan from the fire, and stir again until they are lightly set. If allowed to remain on the fire too long, the eggs will be leathery, hard, and indigestible. Turn the mass upon a slice of well-made toast, sprinkle chopped parsley on the top, and serve at once.

Sardines.—These fish furnish a very acceptable relish for breakfast, and they are much liked. They may be drained from the oil in which they are preserved, and eaten with bread and butter, or they may be more daintily prepared as follows :—

Drain the sardines, remove the skin and the tail, split them in halves, and remove the bone. Put the fillets of flesh on freshly made toast, and sprinkle grated Parmesan lightly on the surface. Set the toast in the oven till hot, and serve.

Stewed Prunes and Cream.—Stewed prunes are very wholesome, and when eaten with cream they are very nourishing. They are never more valuable than when taken at breakfast-time.

Prunes vary much in quality. Those which are dry and hard should be soaked for twenty-four hours before being stewed ; the softer, plumper sorts do not need this preliminary soaking, although they should be washed in warm water and drained. Allow a pint of cold water and a cupful of loaf-sugar for each pound of prunes, and

simmer the fruit very slowly and gently for a couple of hours or more, until quite tender and well swollen. If liked, an inch of lemon-rind, a couple of cloves, or the juice of a lemon may be added to the syrup. When the fruit is ready, drain it and put it in a glass dish ; then boil the syrup till it is thick. Half a glass of claret is sometimes added. Stewed prunes are improved with keeping for a few hours before being used.

LUNCHEON.

Beef Stew.—Take as much lean uncooked beef, that has been trimmed from a joint to suit convenience, as will fill a teacup. Free it from skin, gristle, and bones, and cut it into small pieces. Provide also a teaspoonful of onion, chopped finely, a moderate-sized turnip cut into dice, and the red part of a large carrot scraped to pulp. Melt a little dripping in a saucepan, and fry the meat in it for two or three minutes to brown it ; take it up, and fry also the cut-up vegetables. Put them with the meat, and barely cover with stock or water. Simmer very gently for an hour, put in three moderate-sized potatoes that have been cut into cubes ; simmer half an hour longer, and serve very hot. One or two croûtons or pieces of bread fried in hot fat will be an improvement to this stew. If beef of a coarse tissue is used, it will need to stew longer.

DINNER.

Ox-Tail Soup.—Joint a good sized ox-tail, and cut it into inch and a half lengths. Trim away the fat, and

fry the pieces in a stewpan with a little dripping for five minutes, or till they are lightly browned. Pour over them two quarts of stock or water. Bring the liquor to a boil, and throw in a teaspoonful of salt. Skim it carefully, and put with it a small carrot, a turnip, an onion, with two cloves, a blade of mace, half a small teaspoonful of dried savoury herbs, six peppercorns, and a stick of celery. Stew gently for two hours and a half. Strain the stock, and put the pieces of ox-tail into cold water to set the fat, and so facilitate its removal. Melt an ounce and a half of butter in a small stewpan, mix a table-spoonful of flour smoothly with it, and add the stock gradually. Let the soup simmer by the side of the fire "to throw off the grease," and skim away the fat as it rises. Make the meat hot in the soup. Just before serving add a spoonful of liquid browning, a few drops of lemon-juice, and a glass of port. In cold weather this soup will keep good two or three days, and a portion can be made hot as required. It is very nourishing and sustaining.

Broiled Chicken.—When a special dinner has to be provided for the invalid of the family, and when a chicken is the dish chosen, it is a good plan to divide the bird in halves, and cook the two portions differently on separate days. An excellent dish may be made by broiling one of these portions, according to the following recipe. The other half may with advantage be made into a fricassee, the recipe for preparing which is given at p. 170.

A broiled chicken requires care. Unless the bird is quite young it should be partially cooked in the oven before being placed on the gridiron, otherwise it will be underdone in parts. Pick and singe the chicken, and divide it evenly quite through; then cleanse it thoroughly; cut off the head and neck, and the first joints of the feet, and if it is necessary to wash the bird, be sure to dry it perfectly afterwards with a napkin. This being done, put the half-chicken in good position, and make it as flat as possible, so that the heat of the fire may reach every part equally, and also that there may be no danger of its sprawling in the dish. A little while before it is to be cooked, oil it all over, or brush it over with warm butter; then put it on the gridiron over a clear fire, bones downwards, and keep it well basted. Turn it three or four times during the process of cooking, and begin to turn as soon as the gravy oozes out. Sprinkle with pepper and salt, and serve. It will take about twenty-five minutes. The bird will be more easily cooked in a hanging grill in front of the fire than it will be on a gridiron over the fire. This method of cooking a chicken is not easy, but when successfully managed it is always liked.

When a chicken cannot conveniently be broiled over or before the fire, it may be baked in the oven, in imitation of broiling. When this is to be done, divide the bird, or, if liked, simply take a wing and part of the breast from a young chicken. Should there be any doubt as to the tenderness of the bird, lay the piece on a

gridiron or toaster, set it over a pan of boiling water, cover it, and let it steam for half an hour before broiling. This done, lay it in a warm dripping-tin, put it in a moderately hot oven, and turn it two or three times, and baste it by rubbing it all over with butter tied in muslin each time it is turned.

A piquant sauce for serving with broiled or roast chicken may be made by mixing together two table-spoonfuls of melted butter with one tablespoonful of vinegar, a saltspoonful of mustard, the same of white sugar, and a little pepper and salt. Heat to the point of boiling, pour over the chicken, cover closely for five minutes, and serve.

Fricassee of Chicken.—Stew the portion of chicken until tender in stock or water. Cut it into neat joints and set it aside for a short time. Take a tumblerful of the broth in which it was stewed, and boil therein one large onion, or half-a-dozen small ones, half a bay-leaf, a small bunch of herbs, pepper and salt, until the broth is reduced by one half. Mix a small dessertspoonful of flour to a smooth paste with cream or milk; after straining, mix the flavoured stock with it, and stir the sauce over the fire till thick. Put the pieces of chicken into the sauce, let them get hot through without boiling, and serve.

Potato Puff.—Peel and boil three large potatoes. When soft, dry, and mealy, beat them briskly with a little salt and a tablespoonful of butter till white and creamy. Add the yolk of an egg well beaten and a

tablespoonful of cream or milk. About twenty minutes before the potato is wanted, whisk the white of the egg to a firm froth, mix it lightly with the mashed potato; turn the preparation into a deep dish, and bake quickly till brown. If successfully prepared, the potato will be light, puffy, and palatable.

Spinach.—See p. 131.

Rice with Apricots.—This dish should be prepared the day before it is to be used. Put a dessertspoonful of gelatine to soak in a tablespoonful of water. Wash two tablespoonfuls of Carolina rice in one or two waters (this will get rid of the superfluous starch, and thus make the rice less liable to burn); then cook it with an inch of stick cinnamon in a pint of milk. Let it simmer gently and slowly in a saucepan by the side of the fire for two or three hours, and add more milk from time to time until a pint and a half has been used. Take out the cinnamon, stir in two ounces of white sugar and the gelatine melted, and mix well. Add last thing three-pennyworth of cream which has been whipped till thick. This cream is not indispensable, of course, but it makes a wonderful improvement. Take a plain tin mould with straight sides; rinse it in cold water and leave it wet, and set a gallipot, with a weight inside to keep it down, in the middle. Put the rice in the space around the gallipot, and leave it to set. Next day remove the gallipot, turn the rice on a glass dish, put stewed apricots or other stewed fruit in the centre, additional fruit around, and pour the syrup over all. If a second three

pennyworth of cream is not considered extravagant, it may be whipped and piled upon the fruit. It is to be remembered that to whip cream not only makes it taste richer, but also increases its bulk.

Any suitable fruit may be used to garnish rice prepared thus, although apricots are perhaps to be preferred above all ; and when fresh fruit is not to be had, bottled fruit can be used. The fruit should be gently simmered in a syrup made of sugar and water, and taken up before it is soft enough to lose shape. It should be cooked in a porcelain or earthenware vessel, not in a metal saucepan.

RICKETS.

THIS affection does not represent a vice or tendency of the system, but, rather, it is the outcome of a vicious method of bringing up. The dietetic problem is to substitute a healthy regimen for one that is unhealthy, at the same time that the ill-effects already produced are combated in other ways.

Rickets belongs essentially to childhood—a time of life when simplicity of diet should obtain, and foods require little preparation beyond the right degree of cooking. Elaborate diet tables are therefore not required, and for this reason, as well as the further reason that the case of rickets should be under the doctor's care, and not leave his hands, we shall pass it over.

It should be added that bad hygiene of all kinds, and all agencies tending to depress the health, may probably engender rickets, so that the disease needs attacking from this point of view also—indeed, must be looked at all round.

SCURVY.

As in the case of rickets, we have to deal with the results of a dietetic error, and not with any constitutional predisposition. The organism does not make for scurvy or for rickets, though it may be compelled in either direction. Scurvy is very greatly a disease of the past, and it was incidental to prolonged sea voyages, and circumstances of whatever nature which made difficult the obtaining of fresh food, animal and vegetable.

The production of scurvy was an experiment in dietetics which at one time was made on a large scale. Now its occurrence belongs to the rarities ; but every now and then—especially in large towns—human beings are found ignorant of the first principles of feeding, and in themselves or in their children they may produce scurvy. Sometimes it is the misfortune of the dietetic possibilities or impossibilities, rather than any fault of the individual.

The cure of scurvy needs no diet tables: the

readmission of fresh food—animal and vegetable—to the dietary suffices so far as aliment can cure; what remains over and above belongs to the doctor.

To a condition met with in childhood, and presenting some of the features of both scurvy and rickets, and named scurvy-rickets, similar remarks will apply.

SCROFULA, CONSUMPTION, ETC.

WITH these affections we return to diseases which are the result—in part, at any rate—of a predisposition of the tissues—of a vice of the system. However we may look at this question, and whatever credit we may give to modern developments of the tubercle bacillus theory, it becomes abundantly evident that it takes two to play at the game of scrofula, or tubercle—the bacillus on the one hand, undoubtedly, but as undoubtedly the tissue tendency on the other.

These diseases are marked by the occurrence of yellowish nodules in certain of the tissues. The tendency of these nodules is towards softening, with breaking down of the tissues in which they are embedded. The lymphatic glands may be involved, and we have the so-called “kernels” of scrofula. Disfiguring scars often mark the site of past ulcerations caused by such. The bones and joints may be implicated, and bone and joint disease result. The lungs may be the seat of the mischief, and

pulmonary consumption ensue. Other parts of the body may suffer, but scrofula and consumption are the best and most familiar examples of this *tuberculous* affection.

Of the two factors concerned in the production of tubercle, we shall with difficulty escape the one—the bacillus—though we may much diminish the chances of infection by hygienic measures; but as to the other factor, we may hope, by a careful building up of the tissues, even after the invasion of the body, to enable the organism to withstand or overcome the poison.

In the front rank of measures adapted to this end is a suitable dietary. This should be mixed, and as generous as the patient can take. Again we must warn, that we do not mean by this highly-spiced and rich foods, with pastry, cake, etc.—the plainer the better, so long as the patient partakes satisfactorily; but patients of the consumptive class are often extremely fastidious, and little dishes as tempting as possible may be called for. We would warn against the free use of pepper and like condiments, inasmuch as the larynx may share in the affection, and the act of swallowing be the more

likely to provoke a cough if the food be at all of an irritating character.

Such laryngeal irritability will be absent in many cases of consumption, but when present and excessive it will demand direct medical treatment. It will be found in such cases that soft foods—*e.g.* gruel, arrowroot, soft milk-puddings, thickened milk, jellies, etc.—are easiest swallowed.

There are no special avoidances in the dieting of the scrofulous and consumptive. From each class we may select and get as much variety as we can, and, if need be, the help of wine, beer, or spirits may be called in to assist the appetite or to stay the stomach.* There are, however, special indications for fats and fatty foods to the extent of their tolerance—butter, cream, etc. Should the diet not agree, we may, by the aid of a ferment—*e.g.* pancreatine in some of its many preparations—help out the digestion. The use of the ferments is a growing one, though it hardly yet belongs to the kitchen.

Of great value in the treatment of all forms of

* Where there is laryngeal irritability, wine and beer may cause much pain in the act of swallowing: in such cases we should dilute the wine with water, and we may give it warmed—the beer also should be tried warmed.

tuberculous disease is milk, but it should be given in large quantity, and it should be added to, not taken in the place of, other food. Thus "one to two glasses of milk may be taken during and shortly after each meal"; and in many cases, especially of consumption, a glass of warmed milk, with or without a little rum or brandy, will be of great value in the early morning, about five or six. This early hour is often a period of great physical depression.

Consumptive patients often suffer from alimentary complications — irritable stomach, diarrhœa, etc.—but the treatment of these, from a dietetic point of view, will differ in no wise from the treatment of like conditions in non-consumptive people, and, moreover, these complications will mostly call for direct medical supervision; we shall therefore pass them over here.

If there be any tendency to feverishness, this will, in the great majority of cases, tend to show itself towards the late afternoon or evening. In such cases it will be well to make the more substantial meals in the morning and at mid-day—*i.e.* during the absence of fever. If there be any degree of fever, the case needs medical supervision.

DIETARY TABLES FOR SCROFULA, CONSUMPTION, ETC.

First Day.

Tea, etc., with Porridge and Milk.
 Kidneys and Bacon. Savoury Eggs. Toast.
 Baked Apple.

LUNCHEON.

Sausage Cakes, with Savoury Rice and Apple Sauce.
 Little Batter Puddings.

DINNER.

Haricot Soup. Cutlets à la Réforme. Potato Snow.
 Vegetable Marrow Sauté.
 Amber Pudding.

Second Day.

BREAKFAST.

Tea, etc. Porridge. Mutton Collops with Tomato.
 Cream Toast.

LUNCHEON.

Oysters and Brown Bread. Baked Princesse Pudding,
 with Cream.

DINNER.

Fillets of Sole, with Maître d'Hôtel Sauce.
 Grenadines of Veal, larded.
 Potato Cakes. Asparagus.
 Chocolate Pudding. Custard Sauce.

RECIPES.

First Day.

BREAKFAST.

Tea.—See p. 81.

Porridge.—Oatmeal porridge is exceedingly wholesome and nourishing food, and people who can take it are almost sure to benefit by it. It is very easy of digestion, and constitutes most valuable food, but unfortunately not everyone can enjoy it. Its acceptability depends very much upon the way in which it is made. Yet there are many ways of making porridge, and many sorts of porridge, and the sort that suits one person does not suit every person. Moreover, we generally find that people who have been accustomed to one way of making it have a contempt for every other method, and they are almost inclined to extend the scorn to the individuals who adopt it. Four recipes for making porridge are here given, and all have been highly approved by experts. For invalid use, however, the fourth recipe is specially recommended here, because the long boiling renders the meal exceedingly digestible. Moreover, porridge prepared by recipe No. 4 is very delicate, and when taken with cream it is quite a dainty. It must be understood that there are three kinds of oatmeal — “coarse,” “medium,” and “fine.” Individual taste must determine which of the three varieties shall be preferred.

No. 1.—Put as much water as is likely to be wanted in a saucepan with salt. When it boils, sprinkle medium oatmeal into it with the left hand, and at the same time beat it with the right hand until the required thickness is obtained. (As tastes differ very much about the degree of consistency desirable, it is not possible to say how much oatmeal should be used.) When this point is reached, set the pan on the hottest part of the fire, and boil quickly for about ten minutes.

No. 2.—Put a quarter of a pound of fine oatmeal with a little salt into a bowl, and add cold water gradually to make a smooth paste. Turn this into a saucepan containing a pint of boiling water; stir to the boil, and continue boiling for about half an hour, stirring frequently to prevent the formation of lumps.

No. 3.—Put salted water into a saucepan, and when the water boils quickly, stir in gradually coarse oatmeal till the required thickness is obtained. If any lumps form during the process, draw them to the side of the pan and crush them out. Draw the pan back a little, put on the lid, and let the contents simmer gently till wanted. The longer the better. An hour's simmering is none too long, but the porridge must be stirred frequently during this period to keep it from burning to the pan; and each time after being stirred the lid must be put on the pan again. When porridge can be long boiled, less oatmeal is required, because the simmering swells the oatmeal, and makes it go twice as far.

No. 4.—Begin to make the porridge early in the

morning of the day before it is wanted. A porridge-pan or double saucepan is best for making porridge thus. It prevents any danger of burning. Put six tablespoonfuls of coarse oatmeal into the double pan with a pinch of salt, and let it soak for some hours till the kitchen range is at liberty. Fill the pan with boiling water, stirring it well, and keep the water boiling in the outer pan till bedtime, or for about four hours, stirring the meal occasionally. Last thing before retiring for the night, stir it well, cover it, and leave it. In the morning put it on the fire, and let it get hot through. Porridge cooked thus is not at all troublesome to make; it is simply allowed to cook itself.

Kidneys and Bacon.—Allow a rasher of bacon for each kidney. Skin and core the kidney, and cut it into rather thin slices the round way. Mix on a plate a tablespoonful of flour, a saltspoonful of salt, and half a saltspoonful of pepper, and dip each slice in the mixture. Melt a little bacon fat or butter in the frying-pan, and fry the bacon very gently over a slow fire, turning it repeatedly. When done, take up the bacon, put it on a hot dish, and fry the slices of kidney in the same fat. In one minute turn them; in about four minutes they will be done enough, and may be put on the dish with the bacon. They should be slightly underdone; and unless slowly and gently cooked, will be unwholesome. Pour off nearly all the fat, mix a little flour with the remainder to make a smooth paste, add gradually as much stock or water as will make a thick sauce, stir

this over the fire till it boils, and strain it over the kidneys.

A dessertspoonful of ketchup can be added to the sauce, if approved.

Savoury Eggs.—Provide a small tin mould, such as a dariole-mould or deep patty-pan, for each egg. Butter the tin well inside, and cover the bottom with a savoury mixture made of a slice of cold boiled ham or bacon (fat and lean together), a little chopped parsley, pepper, and salt. It may be calculated that two ounces of bacon and a teaspoonful of parsley will be sufficient for three eggs. Break one egg carefully into each tin, place the tins side by side in a saucepan of fast-boiling salted water, and poach them gently until the white is set. If boiled quickly, the eggs will be hard, and the white full of holes ; whereas, it should be soft and smooth. Have ready in a hot dish small circles of toasted bread, one for each egg. Turn the eggs carefully on these, and serve. If liked, a small piece of ham can be substituted for the toast.

Toast.—See p. 85.

Baked Apple.—See p. 89.

LUNCHEON.

Sausage Cakes.—Sausages have a bad name, because they can be easily—and as bought, frequently are—mixed with inferior material. Yet they are generally liked, especially by invalids, because they can be eaten with little trouble, and are convenient, and easy of digestion.

Moreover, when the skins are dispensed with, and when there is a mincing machine in the house, they can be made at home with the greatest facility, as the skins are generally considered specially objectionable by fastidious eaters, and as mincing machines are now largely used. Consequently, sausage-cakes ought to be very popular. They can be made of any good trimmings of meat, and are usually much liked when a mixture of meats enters into their composition. It is possible to make them from any high-class fragments of trimmings of joints that are available.

Take as much meat as is likely to be needed, remove the gristle, skin and sinew, and mince it till it is tolerably fine with half its weight of fat and a small proportion of bread-crumbs. Season it well with pepper and salt. Make it into flat, round cakes, about half an inch thick; flour these, and fry them for about ten minutes in a little butter or bacon fat. Serve very hot.

Savoury rice is often liked with meat prepared thus, and if the cakes are made wholly or partially of pork, a little apple sauce is a relishing accompaniment.

Savoury Rice.—Wash a heaped tablespoonful of rice, and stew it gently with a cupful of beef or chicken broth, an onion, and some seasoning. When soft, mix with it a cupful of milk and an egg; put it in a small greased pie-dish, and bake in a gentle oven till brown.

Apple Sauce.—Peel, core, and quarter one or two good baking apples, put them in a basin, cover closely, and set the vessel in a saucepan surrounded with boiling

water. Let the fruit steam till it falls; mix a little sugar and a tiny piece of butter with it, and serve. The time required for cooking the apples will vary with the variety. If time is an object, they may be baked or boiled instead of being steamed, as they will be more quickly done. To steam them, however, is an excellent way of preparing them.

Little Batter Puddings.—Put two tablespoonfuls of flour and a pinch of salt into a basin, and mix it very smoothly with cold milk to a smooth paste, adding more milk to make up half a pint, and the beaten yolk of an egg. A few minutes before the puddings are to be baked, whisk the white of the egg till firm, and turn it into the batter, endeavouring not to break the air-bubbles while doing so. Butter two or three large patty-pans, half fill with the batter, and bake in a quick oven. Turn the puddings out, lay a spoonful of jam in the centre of each, and serve hot. This batter will be much lighter if it is mixed two or three hours before it is wanted.

DINNER.

Haricot Soup.—This soup is particularly nourishing and wholesome. Soak two tablespoonfuls of white or red haricots in water to cover them overnight. (If the preliminary process has been forgotten, it may be omitted, but the haricots will need to boil so much longer.) Next day put the beans into a saucepan with a pint of stock, a slice of onion, a little knob of butter, pepper,

and salt, and let them cook gently till quite soft. Rub them with the liquor through a hair sieve; make the soup hot, and mix with it when boiling a quarter of a pint of boiling cream, or milk if cream is not allowed. Serve at once with fried croûtons.

Croûtons for Soup.—Cut stale bread into quarter-inch dice. Place these on a greased dripping-tin, and bake till crisp and brown. Set them on kitchen paper to free them from superfluous fat, and serve. Bread thus prepared is, for soup, much superior to toasted bread cut into dice.

Cutlets with Réforme Sauce.—This dish is a simple, modified, and easily prepared presentation of the celebrated and somewhat elaborate dish, Cutlets à la Réforme. It is, however, appetising and likely to be acceptable to an invalid.

Mutton Cutlets are generally taken from the neck of mutton. When bought ready trimmed of the butcher, they are rather expensive; but when prepared at home they are profitable, because the trimmings taken off raw can be utilised to the last scrap, and thus there need be no waste with them. To prepare the cutlets at home we need only to procure the best end of a neck of mutton, to chop off the thick part of the chine bone, to saw off about three inches of the rib bones, to separate into cutlets by cutting slantwise to the left, to detach all skinny parts, little pieces of bone, and rough edges there may be, and to make the ends as neatly rounded as we can. If we intend to put a frill on the bone, we scrape away about

an inch of the meat from the end of the bone, and leave the bone bare ; but our aim should be to make the cutlet as smooth, flat, even, and neat as possible. So far as size is concerned, it is well to remember that an ideal cutlet is three-eighths of an inch thick, three inches long, two inches broad in the middle, neatly rounded at the chine end, with a bare bone protruding beyond the meat. A neck of mutton is a valuable joint to have in a house where there is an invalid, because, so long as it is sweet, it improves with hanging in a cool, airy situation, and if cutlets are taken from it as they are wanted, they can be served with different sauces, and thus variety of fare is easily secured. It is important to remember, however, when a neck of mutton is to be used in this way, that the cutlets should not be separated until they are wanted. If they are, the meat will get dry.

There are two or three ways of cooking mutton cutlets for invalids. Either they may be plainly broiled, or they may be egged, breaded, and broiled, or they may be sauté (that is, fried in a little fat), or fried in a saucepan with a good depth of fat ; or they may be cooked in the oven, or toasted before the fire in a Dutch oven. When there is a frying-saucepan of a good depth available, perhaps the method to be preferred is that of frying in a good depth of fat. Nor need it be supposed that a cutlet thus cooked will necessarily be greasy. If dropped into very hot fat—fat that is so hot that it is still, and a blue fume rises from it—they will at once become encased in a coating, which will serve to keep in

the juices, and prevent the grease from penetrating to the interior. The cutlet will be cooked through in a minute or two; as soon as it is brown it will be done. It may then be laid on kitchen paper, and thus any superabundant grease which may cling to the outer surface will be absorbed. The fat used in this operation can be used again and again, if it is strained after being used once or twice, and clarified or washed in boiling water occasionally. It is, perhaps, superfluous to add that after clarification it must first be allowed to go cold, then have the impurities which will settle in a cake at the bottom scraped away. Afterwards it should be gently melted down again in the oven, for the purpose of expelling any watery particles that may still cling to it.

Cutlets that are to be fried in deep fat may either be egged and breaded or simply rubbed over with flour to secure dryness. They are better to be egged and breaded an hour or two before they are fried. The crumbs must be stale, fine, and even.

Réforme Sauce.—For one or two chops take a small teacupful of ordinary thick brown sauce. Put into it two tablespoonfuls of port, a tablespoonful of red currant jelly, half a teaspoonful of anchovy, a few drops of tarragon vinegar, and, if it is to be had, a dessertspoonful of tomato. Make this hot over the fire, and serve poured over the cutlet.

Brown Sauce.—If there is no brown sauce in the house, a small quantity may be made as follows. Melt a piece of glaze the size of a walnut in half a pint of

water, and for the sake of the flavour boil in it a slice of onion and half a carrot cut small, a pinch of mixed herbs, and a tiny knob of sugar. When agreeably flavoured, strain the liquid; thicken it with a table-spoonful of flour mixed till smooth with cold water, boil it, and add a few drops of browning if necessary.

Or simmer any trimmings or bones there may be in water till half a pint of good stock is obtained; add glaze or Liebig's Extract, and proceed as above. It is always desirable to use stock rather than water when making sauces for invalids, who are in need of nourishing food.

Potato Snow.—Boil two or three potatoes in the usual way (see p. 148). When dry and floury, rub them quickly through a wire sieve, or a potato-strainer, so that they shall fall in flakes. Sprinkle chopped parsley on the top, and serve at once without disturbing them.

Vegetable Marrow Sauté.—As commonly served, vegetable marrow is very much of a fraud. It comes to table immersed in water, and more water runs from it as it stands; then the water becomes cold, and mixes with the sauce, and the result is not agreeable. The fact is that vegetable marrow is composed largely of water, and special care is needed to make it dry. The following method will probably give satisfaction. Choose a moderate-sized marrow, pierce it in three or four places with a skewer or a knitting-needle, and an hour or two before it is wanted put it into fast-boiling salted water, and boil it whole with the skin on. When soft, take it

up, skin it, remove the seeds, cut it into sections, and leave it to drain for a while. A few minutes before it is wanted, melt a knob of butter, or sweet dripping, in a stewpan, put in the slices of marrow, and shake over the fire till hot through and crisp. Put the pieces of marrow on a slice of toast, pour melted butter over, and serve hot.

Amber Pudding.—Peel, core, and quarter two large apples, and put them in a stewpan with an ounce of butter, an ounce of sugar, an inch of lemon-rind, and a spoonful of lemon-juice, and let them stew till soft. Rub them through a sieve, and mix with them the well-beaten yolk of an egg. Butter and sugar a small pie-dish rather thickly, and sprinkle bread-crumbs on the butter. Pour in the apple, and bake in a moderate oven for about a quarter of an hour. Whisk the white of the egg till firm, pile it on the pudding, sprinkle castor sugar on the top, and return to the oven for a few minutes till the icing is set. Serve at once. This pudding is generally liked with cream.

Second Day.

BREAKFAST.

Mutton Collops with Tomatoes.—When there is a shoulder of mutton uncooked in the larder, an acceptable breakfast for an invalid may be obtained by taking one or two slices from the lean meat which lies underneath the shoulder, and which is very sweet and delicate. Cut

the meat thin, pepper and salt it, and lay it in a frying-pan with a little butter melted. Cook it slowly, and turn it again and again till done enough. If gently cooked, it will be tasty and good ; but if quickly cooked, it will be hard. A couple of ripe tomatoes, which have been baked in a pie-dish till soft, will be an excellent accompaniment to the mutton.

Cream Toast.—Cut three slices of stale light bread, and toast them a delicate brown. Butter well while hot ; salt the toast liberally, and place the slices one upon another in an earthenware or silver dish that will stand the heat of the oven, and can be sent to table. Pour on boiling milk to cover the toast entirely, put the lid on the dish, and leave it in the oven for five minutes, by which time the toast will probably have absorbed the milk. Lift the slices carefully with a knife, and put a tablespoonful of thick cream on each, cover the dish again and return to the oven for ten minutes. Serve at once. The toast should be tasty, light, and very digestible and nourishing.

LUNCHEON.

Oysters and Brown Bread.—See p. 94.

Baked Princesse Pudding.—Soak two ounces of fine bread-crumbs in two tablespoonfuls of sherry and an equal measure of cream. When the liquid is absorbed, add a beaten egg. Put the mixture into a dish and bake. Serve with cream and jam. If the pudding made from this recipe is considered over-rich or too

extravagant, the following formula may be substituted. Boil a gill of milk with a thin piece of lemon-rind, and, when well flavoured, pour it scalding hot upon two ounces of stale bread-crumbs. Add an ounce of butter, an ounce of sugar, and the well-beaten yolk of an egg. Put a tablespoonful of jam at the bottom of a small pie-dish, pour the pudding mixture over it, and bake in a quick oven till the pudding is set and lightly browned. Whisk the white of the egg to a stiff froth, pile it on the pudding in broken lumps, sprinkle a little moist sugar on it, and return it to the oven to acquire colour and firmness. If preferred, threepennyworth of whipped cream may be used to garnish the pudding instead of the white of egg.

DINNER.

Rolled Fillets of Sole à la Maître d'Hôtel.—Fillet a pair of soles (see p. 86), and stew the bones, skin, etc., in half a pint of water, to make fish stock. Grease a baking-tin with butter. Roll each fillet with the shiny skin inside, and fasten the ends with a small skewer. Arrange them on the tin, sprinkle over them a little salt and pepper and a few drops of lemon-juice. Butter a piece of kitchen paper, and lay it on the rolls to keep them from burning. Put them in the oven for six or seven minutes. Drain the rolls on paper, arrange them on a dish, and pour the sauce over. If the fish were not drained the sauce would not coat it properly.

Maître d'Hôtel Sauce.—Melt an ounce of butter in a stewpan, and mix three-quarters of an ounce of flour smoothly with it. Strain the fish stock, pour it on the panade, and stir the sauce till it boils and thickens. Add a tablespoonful of cream, a few drops of lemon-juice, pepper and salt. Pick, wash, and chop small the leaves of a sprig of parsley, and add it to the sauce the last thing. If there is no cream, boil the fish-bones in milk instead of water. Lemon-juice will serve to whiten the sauce.

Grenadines of Veal.—Take one pound of veal from the best end of the fillet, or from the best end of the neck. If the last-named joint is chosen, the meat can be cut from the bones, and afterwards divided into cutlets. The knuckle end of the leg will not be suitable for the dish; it will be too sinewy. Remove the skin from the veal, and divide it into rounds of an even size, about four inches across and a third of an inch thick. Dip a cutlet bat or broad-bladed knife into cold water, and flatten the cutlets, and lard them somewhat thickly on one side with strips of fat bacon an eighth of an inch wide and an inch and a quarter long. Clean and cut into small pieces the following vegetables: a small carrot, a turnip, an onion, a stick of celery, a sprig of parsley, thyme and marjoram, and put them at the bottom of a stewpan, with a teaspoonful of whole pepper and half a teaspoonful of salt. Lay the cutlets on the top, larded side upwards, being careful that they lie singly, and pour in sufficient stock to reach them, but

not to cover them. Cover the meat with a round of buttered kitchen paper cut to fit the saucepan ; then put the lid on the pan, and cook slowly for three-quarters of an hour. Every now and again the paper must be lifted, and the grenadines must be basted with the stock. At the end of the time remove the lid of the pan and the paper, and set the stewpan in the oven to brown the cutlets. Strain the stock, and boil it quickly till thick and strong. Arrange the grenadines in a circle, pour the sauce over them, garnish with rolls of bacon, and serve. The grenadines will look more attractive if they are dished on a bed of mashed potatoes, and if dressed vegetables (such as spinach or green peas, or a macédoine or mixture of vegetables) are in the centre. If potatoes are served thus, the potato cakes will scarcely be required also.

Potato Cakes.—Boil some potatoes, and mash them in the usual way with butter and milk. When smooth and rather moist, form them into balls by shaking them in a cup which has been dredged lightly with flour, turn them upon a greased baking-tin, and flatten them. Brush them over with milk, sprinkle bread-raspings on them, and put them in the oven till hot and lightly browned. Take up carefully with a slice, and serve hot.

Asparagus.—See p. 97.

Chocolate Pudding.—Boil four ounces of chocolate in three tablespoonfuls of milk till quite smooth, and stir in while hot an ounce of butter and a dessertspoonful of sugar. Cool, then add the yolks of two eggs. Beat

the whites to a firm froth, and fold them in gently at the last moment. Whilst doing this try not to break the air-bubbles. Pour the preparation into a small greased pudding-mould, sprinkle an ounce of pounded rusks to cover it, lay a round of buttered paper on the top, and steam for about half an hour, or a little more, till firm in the centre. Turn out carefully, and serve with custard sauce poured over the pudding.

Custard Sauce.—Break an egg into a bowl, and beat it till frothy. Pour over it half a pint of boiling milk; turn it into a jug placed in a saucepan of boiling water, and stir over the fire till the custard coats the spoon. Sweeten the sauce, and flavour it with two or three drops of vanilla.

A N Æ M I A .

THE name signifies lack or poverty of blood ; but whilst a variety of causes may bring the condition about—*e.g.* loss of blood, exposure to unhealthy conditions of life, improper feeding, etc.—it is not necessary that there should be any inherent tendency in the organism towards a faulty blood formation. Cases where this tendency is absent recover for the most part quickly when they are placed in favourable circumstances. On the other hand, certain cases of anæmia express an inherent defect in the powers of assimilation and of blood-making, and they tend to develop under conditions not in themselves unfavourable.

These cases—sometimes called essential anæmias—may be very obstinate, and may demand special methods of treatment, both dietetic and medicinal. In the nature of their treatment the dietetic means adopted will be very similar to that employed in

those cases which own a sufficient cause, and may therefore be styled secondary.

Most cases of primary anæmia are innocent enough, however troublesome; but certain cases show a progressive character, from bad to worse, and are so fatal in their tendency that they are named "pernicious." This minority of cases are probably fundamentally different from the great majority, and we shall relegate them absolutely to the medical man's care. The following remarks will not apply to them.

The cause of anæmia appears to lie immediately in a deficiency of iron in the blood, and this deficiency itself seems to depend upon a faulty assimilation of the nutritive principles supplied to the body. These nutritive principles contain iron, and the deficiency of this element in the blood may be in spite of an abundance of iron in the food: the organism, so far as iron is concerned, starving in the midst of plenty. Very frequently digestive disorders coexist, and these may in part explain the faulty assimilation. The digestive disturbances may require special dietetic and drug treatment, but independently of such local

treatment, which is more or less temporary, and independently of general treatment by hygienic measures—by rest in bed, if necessary, etc.—we may note the following points as to diet:—

(1) That the regimen should be as full as the digestive powers can manage, due regard being paid to the *digestibility* of the dishes.

(2) That variety is desirable, but that we should tend to accentuate the administration of albuminous foods, and should also seek to give fats, especially if there be wasting as well as anæmia.

(3) That the dishes should be tasty and attractive, without being rich or highly spiced. The free use of salt and the moderate use of condiments and flavouring agents seem useful. More incentives are required by an alimentary tract lacking in tone than by a healthy tract.

(4) The use of alcohol in moderation, in the form of wines (not beers, because of the dyspeptic tendencies), may be expedient. Stimulants taken thus will belong to the class of incentives, and they must be taken either with food or immediately before it.

Cases needing complete rest in bed and frequent administration of food in excessive quantities will not be considered.

It will be seen from the above that, provided we keep to the more digestible forms of butcher's meat, birds, fish, and farinaceous foods, and are careful that all flour preparations are thoroughly cooked by boiling or baking (which practically means the exclusion of cakes and pastry of all kinds), and that vegetables of all kinds are thoroughly cooked, we do not need to be much more explicit. *The limits of administration are the limits of a digestion lacking in tone.* (Consult later the section on Dyspepsia.) Beside the ordinary meals composed as above, the *addition* of milk to the dietary—say, a tumbler after each meal—may be tried.

As to suitable forms of alcohol, we would recommend a good claret or Burgundy, or a small quantity of whisky, with water.

In most cases a course of medicinal treatment will be necessary, and artificial aids to digestion may also be required.

DIETARY TABLES FOR ANÆMIA.

First Day.

BREAKFAST.

Tea, Coffee, or Cocoa, with plenty of Milk.
Buttered Eggs. Toast. Tomato Salad.

LUNCHEON.

Mutton Stew, with Vegetables. Creamed Rice, boiled.
Stewed Rhubarb. Milk.

DINNER.

Tomato and Turnip Soup. Rump Steak.
Fried Potatoes. Cauliflower.
Blancmange, with Cream.

Second Day.

BREAKFAST.

Tea, Coffee, or Cocoa. Chicken Livers and Bacon ;
or Toasted Bacon, and a Soft-Boiled Egg.
Toast and Butter. Stewed Prunes, with Milk.

LUNCHEON.

Tripe à la Coutance. Creamed Rice, Baked.

DINNER.

Boiled Halibut. Parsley Sauce. Plain Mutton.
Baked Potatoes. Apple Charlotte.



RECIPES.

First Day.

BREAKFAST.

Tea.—See p. 81. *Coffee.*—See p. 89. *Cocoa*—See p. 124. *Buttered Eggs.*—See p. 165. *Toast.*—See p. 162. *Tomato Salad.*—See p. 162.

LUNCHEON.

Mutton Stew with Vegetables.—A tasty stew for luncheon may be made of the rib part of neck of mutton that is usually sawn off when cutlets are required for family use. Pepper and salt the meat, and put it into a stewpan which has a close-fitting lid. Butter the pan inside, and place thinly sliced Spanish onions under and over the meat. Put the lid on the pan, and stew softly by the side of the fire for an hour or more, shaking the pan occasionally to be sure that the meat is not sticking to the bottom. If gently cooked, the onion will yield enough moisture to make gravy. Take up the meat, draw out the bones, and divide the flesh into neat shapes. Take up the onions also, put half a tumbler of cold stock to the gravy, and remove the fat; thicken it with a little flour, put into it the

meat, a potato cut into balls or cubes, and the onions. Simmer very gently for twenty minutes longer, till the potatoes are done enough, and serve.

Boiled Creamed Rice.—Wash two tablespoonfuls of rice in two or three waters. This preliminary operation will free it from the loose flour, and make it less likely to burn. Drain it and cook it in a porridge-pan or double boiler with three-quarters of a pint of milk (adding another spoonful or two of milk if necessary), until the grains are well swollen and quite soft. The rice should cook slowly, and should take about three hours. When ready, press it through a coarse sieve. Return it to the saucepan, and put it again on the fire. Have ready two lightly beaten eggs. When the rice boils, add the eggs gradually, stirring all the time, also a little sugar and a pinch of salt; continue stirring until the egg is lightly set and thickens. Pour the rice into a dish, and serve.

Stewed Rhubarb.—If young rhubarb can be procured, it need not be skinned. Wash the stalks well, and cut them into three-inch lengths. For a pound of fruit make a syrup by boiling six ounces of loaf-sugar with a quarter of a pint of water till clear. Put in the rhubarb, and stew very gently until it is soft without having fallen. As the pieces become soft, lift them one by one carefully into a glass dish, and when all are done, let the syrup cool. Add two or three drops of cochineal, and pour the syrup over the fruit. Forced rhubarb looks very attractive when cooked thus.

DINNER.

Tomato and Turnip Soup.—Cut up a pound of turnips, one onion, and three tomatoes, and boil them gently in about a quart of stock. Add either a slice of crumb of bread or two potatoes. When the turnips are tender, rub the mass through a fine sieve ; add pepper and salt, make hot, and serve. This soup should be as thick as double cream. If thicker add a little more stock.

Rump Steak.—Procure a slice of steak about an inch and a half thick, and of even thickness throughout. In order to broil well, it is necessary to have a clear, bright fire ; and whenever broiling has to be done, judgment has to be exercised concerning the condition of the fire, and usually it has to be looked after a little time before it is wanted. In frosty weather a steak should be kept in a warm kitchen for a couple of hours before it is broiled. Make a gridiron that has been kept specially for meat hot over the fire, rub the bars first with a piece of clean paper or rag, and afterwards with mutton fat, and again make it hot. Season the steak with pepper and salt, lay it on the gridiron, put it as near the fire as possible, and with the steak-tongs turn it every minute. When the outside is done, lift it a little farther from the fire for a minute or two, but continue to turn it frequently. It is scarcely possible to say how long a rump-steak will take to broil, because the time will vary with the heat of the coal, the condition and thickness of the steak, and the weather. Under favourable conditions

a steak of the kind now under consideration will be done enough in from eight to twelve minutes. When it is black on the outside, and when it feels firm, not hard, to the touch if pressed with the side of a fork, it is probably done. It ought to be red and full of gravy in the middle, and plump in appearance, and dark brown, almost black, on the outside. If liked, a pat of fresh butter may be put under it, and another upon it; while the juice of half a lemon, and a tablespoonful of Harvey's or Worcester Sauce may be put with it. The last-named ingredients should, however, be heated separately in a cup in the oven before being used. Or, if preferred, a shallot finely shred may be put under the steak, or finely chopped parsley; drops of lemon-juice may be sprinkled over it, little pieces of butter may be laid here and there on it, and it may be put in the oven long enough to melt the butter; or it may be garnished with sliced lemon and parsley, or watercress. If daintily garnished, a broiled steak may be made to look very attractive. Fried potatoes are particularly suitable for serving with it.

Fried Potatoes.—Kidney potatoes should be chosen for this mode of cooking. For frying, potatoes may either be cut into round slices about the thickness of a penny-piece (in which case they would be called "chips"), into square plugs about the thickness of a finger, and two inches long; into ribands (in which case the tuber must be pared round and round as one would pare an apple, being careful to break the ribands as little

as possible); into wedges about the shape and size of a quarter of an orange; or they may be cut thin and puffed out like small balloons, when they will be Potato Soufflés. The variations named will depend chiefly upon the mode of cutting them. The frying should be done in a deep saucepan with a good depth of fat. Some people have an idea that if potatoes are cooked in fat they will be greasy. There is no necessity for this. If the fat is at the right temperature, they will be crisp, brown, and dry. When fried potatoes are greasy, the reason usually is that the fat in which they were fried was not hot enough.

Clarified dripping is the best fat that can be used for frying, and the saucepan should be about one-third full. Potatoes contain so much water that hot fat rises and splashes when they are introduced into it; and therefore it is not safe to have the pan overfull. If a frying-basket is available, the operation of frying will be much easier. If it is not, the potatoes must be put into the fat a few at a time, and taken up with a slice when brown. Even when a basket is used, a single layer only of sliced potatoes should be fried at one time.

After being cut to the required shape for frying, the potatoes should be laid in cold water for a while. This will free them from the potato-flour, which is liable to spoil the frying. They must, however, be thoroughly dried afterwards, by being laid between the folds of a cloth, or they will not become properly crisp. When the fat is hot—so hot that it is still, and a blue fume

rises from it—the potatoes may be lowered into it. They should be shaken now and again, and when lightly browned they are done, and can be put on paper and set before the fire for a minute to ensure perfect dryness. Before being served a little salt should be sprinkled over them.

Potato Plugs and Potato Soufflés must be finished differently from other shapes. They must be fried twice. For the first frying the fat must not be quite as hot as usual, and in this they must be fried until they are cooked without being brown; they should then be lifted out until the fat is made very hot, so hot that it would register 400°. (For ordinary frying, it will be understood, fat should rise to 345° Fahrenheit, the homely sign of its having reached this temperature being that it has ceased bubbling, and a blue fume rises from it. When it reaches 400° the “fume” will become more distinct.) When plunged into the fat a second time the slices will inflate, and the plugs will become crisp and brown.

Cauliflower.—See p. 153.

Blancmange with Cream.—Put about three-quarters of an ounce of gelatine to soak in cold water to cover it. The quantity of gelatine required will vary with the season. In hot weather an ounce of gelatine will be needed for a pint of liquid; in cold weather half an ounce will be sufficient. When it is neither very hot nor very cold, three-quarters of an ounce will probably be required for the quantities given here. On this point,

however, it is necessary to exercise discretion, because the excellence of blancmange depends upon its being stiff enough to turn out without breaking, and at the same time soft enough to melt in the mouth, without needing to be bitten by the teeth.

Whilst the gelatine is soaking, take half an ounce of sweet almonds, with three or four bitter ones. Blanch them, and pound them in a mortar to a paste, and whilst pounding keep sprinkling cold water over them to keep them from oiling. Boil the soaked gelatine with a pint of milk, and add a strip of lemon-rind, and an inch of stick cinnamon; if liked, these flavourings can be used instead of the almonds, but the true old-fashioned blancmange is always flavoured with almonds. Sweeten the milk, and lay the almond paste in it; let it stand till it is pleasantly and rather strongly flavoured therewith. Strain the milk through muslin or a thin napkin, stir about a gill of cream to it, and mould it when it is completely cold and beginning to thicken. Sometimes blancmange is made with milk only, and cream is served with it.

If preferred, blancmange may be made from cow-heel instead of from gelatine, as follows:—Procure a dressed cow-heel, and cut it up. Put the pieces into an earthenware jar, pour a quart of milk over them, cover closely, and stew in a gentle oven for a little more than three hours. Blanch and pound half an ounce of sweet almonds and three or four bitter ones, and put the paste in the milk to extract the flavour. Sweeten

pleasantly, strain, and mould when the blancmange is completely cold and beginning to thicken. Serve with cream.

The meat of the cow-heel can be warmed with onion sauce, and served separately.

Second Day.

BREAKFAST.

Tea.—See p. 81. *Coffee.*—See p. 89. *Cocoa.*—See p. 124.

Chicken Livers and Bacon.—When fresh chickens' giblets can be obtained (and they are sometimes to be bought, while sometimes they are available in the ordinary course of things) a tasty dish for an invalid may be made from the livers. Cleanse them carefully, washing them in two or three waters. Cut them into slices, the size of half-a-crown and about a quarter of an inch thick, and take an equal number of pieces of fat bacon. String them on short skewers, alternating the pieces of liver and the pieces of bacon, dip them in melted bacon fat or dissolved butter, wrap the skewers in buttered paper, and bake very slowly either in a Dutch-oven before the fire or in an ordinary oven till done. Pour the gravy which runs from them over them, and serve at once. Sometimes very thin slices of apple and of onion are put in alternation with the liver and bacon cooked thus.

Soft-Boiled Eggs. — If chicken livers cannot be

obtained, a soft-boiled egg may be substituted for them. Next to milk, an egg is perhaps the most valuable food for invalids that we possess. Yet its excellence depends, to a great extent, upon its being properly cooked. If it is to be easily digestible, it must be gently cooked. If cooked quickly at a high temperature it will become tough and hard. Moreover, its quality must be considered when calculating the time required for cooking. The accepted rule that "an egg should boil three minutes" does not answer for all eggs, stale and fresh alike. New-laid eggs need four minutes to set; eggs that have been kept for some days will need only three minutes. Also it is to be remembered that if an egg is to be equally cooked, it must be freely covered with water; it does not answer to boil an egg in a small quantity of water, so that the shell is only half immersed. The proportion of water needed for one egg boiled in a small saucepan is one pint, although a smaller proportion of water can be used if a number of eggs are to be boiled.

An approved way of cooking eggs for invalid use is the following. Put enough water into a saucepan to cover the eggs abundantly, and make it fully boil. Lower the eggs gently into it, and place the saucepan without the lid on the hearth, or at the back of the stove, or in some other place where the water will cease to boil, yet will not lose its heat too quickly. In ten minutes the heat will have penetrated to the centre of the egg, the white will be tender and firm, yet

sufficiently cooked, and not in the least tough, and the yolk will be thick and delicate in flavour. Even if the egg should, through inadvertence, be left a little longer in the water than ten minutes, it will not become hard unless the temperature be raised.

Toast.—See p. 85.

Stewed Prunes.—Wash the prunes, and if they are very dry soak them all night in cold water to cover them. Allow a pint of water and six ounces of loaf-sugar for every pound of fruit. Boil the sugar and water together for a few minutes to make a clear syrup, put in the fruit, and simmer gently for a couple of hours, or till the prunes are quite soft. Take them up with a spoon, and put them into a dish; boil the syrup a little longer until it begins to thicken, then pour it over the fruit, and serve when cold. *See also* p. 166.

LUNCHEON.

Tripe à la Coutance.—(For general remarks on tripe, see p. 146.) Take one pound of thin tripe, and blanch it as if it were going to be cooked in the ordinary way. Drain it, wipe it dry, and cut it into pieces two inches wide and four inches long, chopping finely the following ingredients separately, then mixing them well together—a shallot, a small onion, and two or three sprigs of parsley. Take also half a pound of bacon, and cut it into thin slices the same size as the strips of tripe. Sprinkle a little of the savoury mixture over each piece of tripe, with pepper and salt; lay a slice of bacon on the

top, form into neat rolls, and fasten each either with needle and cotton or string. The pieces must be straight at the ends.

Put a pint of stock or water into a stewpan. Wash and cleanse or scrape a carrot, a small onion, and two or three mushrooms. Chop them small, and put them, with a bunch of herbs and three or four peppercorns, into the stock. Stand the rolls of tripe round the inside of the saucepan, and let the vegetables be in the middle, bring to a boil, and simmer for two hours. Take up the tripe, and strain the gravy, thicken it with little flour and butter, add a few drops of liquid brown-ing, a teaspoonful of Harvey, a teaspoonful of ketchup, and a few drops of lemon-juice. Let the tripe get hot once more in the sauce. Rub the carrot that has been strained out of the sauce through a wire sieve. If it is of a good colour it will look like red rice, and can be used to garnish the rolls. Place the small rolls of tripe on end upon a dish, with a little purée of carrot on each, and cooked vegetables (mashed potatoes or cauliflower) in the centre. The string should not be removed from the small rolls directly the tripe is taken up, or they will fall.

Milky Rice.—Rice pudding made without eggs, and prepared in such a way that when finished the milk is thick and rich like cream, is very nourishing and wholesome. In order to prepare it successfully, it must be slowly baked ; that is, it must be put into an oven that is so gentle that the grains will not simply become soft,

but that they will swell as they soften. A little knob of butter the size of a threepenny-piece should be put with it. It is to be remembered that so long as the rice cooks at all, the more slowly it is cooked the better. Another thing to remember is that the rice should be washed in two or three waters before it is cooked ; it should have a tiny piece of butter put into the dish with it, and it should not be stirred after it is put in the oven. If these precautions are observed, it will not be likely to burn, even though it should be long in cooking. For a milky pudding two tablespoonfuls of rice will be sufficient for a quart of milk. A little sugar and a pinch of salt should be mixed with the milk in the first instance, and an inch of stick cinnamon and a little lemon-rind may be allowed for flavouring. Rice that is very slowly cooked is usually done when it is covered with a brown skin. If the oven is over-hot, the pudding-dish may be placed in a dripping-tin containing boiling water, the supply of water being maintained. This will moderate the heat.

DINNER.

Boiled Halibut.—This fish is easy of digestion, and has a delicate flavour. When quite fresh it furnishes excellent food for invalids. Take the quantity of fish that is required, wash it quickly, and divide it into pieces convenient for serving. Put it into a wire vegetable-basket, or lay it on a strainer, then lower it into a saucepan of boiling salted water ; draw the pan

back, and simmer till done. (A pound of fish will probably need to simmer about fifteen minutes: the exact time will depend on the thickness.) It must not boil fast at any time. When done, lift it up, let it drain, and serve it at once with a sauce made as follows poured over it.

Simple Fish Sauce.—Put a tablespoonful of butter and half a tablespoonful of flour into a small saucepan, and let them simmer together for two minutes. Pour in gradually half a pint of cold water, and stir it till it boils. Add, off the fire, a tablespoonful of chopped parsley, or the grated yolk of a hard-boiled egg, a few drops of essence of anchovy, or a little lemon-juice. Serve at once.

Plain Boiled Mutton with Parsley Sauce.—Mutton is most suitable meat for an invalid, and boiled mutton is particularly so, because when well cooked it is very easy of digestion. It is, however, very easily spoiled in the cooking, and, therefore, it requires great care. A piece from the best end of the neck of mutton is very suitable for boiling. It is always well to cut off the scrag, because this portion needs to boil longer than the chop end. The joint should, however, have a good deal of the fat trimmed away, as the fat will swell in cooking, and will be very objectionable. The chops should be well jointed also, and before being put into the pot a string should be tied round them to keep them in position. Plunge the mutton into boiling water sufficient to cover it; bring it to the boil, remove the scum, and afterwards

keep it simmering gently till done. If it is allowed to boil fast it will be spoilt. Fully a quarter of an hour to the pound should be allowed for boiling. The joint will look neater if the chine bone is cut off before cooking, and if the ribs are shortened somewhat.

Parsley Sauce is the name usually given in England to what is known in high-class cookery as *Maître d'Hôtel Sauce*. For this recipe, see p. 194.

Baked Potatoes.—See p. 150.

Apple Charlotte.—This dish is old-fashioned, but it is both dainty and wholesome. Good cooking apples—that is, apples that fall well—are needed for making it. It can be most readily made in a mould; a cake-tin will answer the purpose. The apples should be peeled, cored, and stewed to pulp, then tossed over the fire with sugar and a little butter until the pulp begins to be stiff. It is not possible to say how much butter or sugar should be put with the fruit, because apples vary very much in sweetness and quality. What is wanted is a pleasantly flavoured, smooth apple-sauce, mellowed and enriched with butter. Take some fingers of stale crumb of bread, and fry them lightly in butter. The bread should be cut into shapes like the pieces of a wooden pail, and should be arranged either to fit exactly into the mould or to make the staves overlap each other. The mould should then be filled with the apple-sauce. Put a lid of lightly fried bread on the top, and bake for about an hour, or until the bread and butter have

assumed a golden-brown tinge ; then turn out carefully, and serve with cream.

The above is the orthodox way to make Apple Charlotte. A much easier and simpler, yet a very excellent, method is the following. Butter a pie-dish thickly, and sprinkle plenty of brown sugar over the butter, then line the bottom and sides with thin slices of bread and butter. Fill the dish with good-falling apples that have been peeled, cored, and cut into thick slices ; sprinkle a little sugar over, and moisten with lemon-juice. Put a lid of buttered bread on the top, and bake in a good oven. The bread should be like toffee, crisp and brown, but not at all burnt. It is essential that the dish should be buttered and sugared thickly, and that the Charlotte should be cooked in a good oven.

NERVOUS PROSTRATION, "NERVES," NEURASTHENIA.

THESE terms may be taken as equivalents: they represent less a tendency or vice than an actual condition produced, and this condition is one of exhaustion—of a ruined exchequer. The cause, we shall readily believe, is prolonged strain or intensity of strain, no matter of what kind.

Nervous prostration manifests itself in a great variety of ways, and chiefly in a want of stability or balance of the nervous system; hence arise the manifold forms of hysteria, the neuralgias, the inertias; and in such states so commonly originate the habits of drug-taking—alcoholism, morphinism, etc.

Sleeplessness is a very troublesome symptom in this disease, and herein lies the danger of the habitual taking of sleeping-draughts. The seriousness of this condition consists, therefore, as much in the temptations which it brings as in the complete

unfitting of the subject for the duties of real life. In this state naturally kind-hearted people become self-centred, and their moral being crystallises in sharp-pointed needles of pure selfishness, which wound in particular the inmates of the home. These crystals, by-the-bye, grow most beautifully in the medium of home life.

There is a good, healthy form of hysteria, or "nerves," which well becomes the subject, the physical condition being excellent. For this the heated poker is the type of treatment. But there is another form, in which the patients are thin and obviously exhausted, and in whom, therefore, a real basis of physical depression exists. This must be treated; and till we attack this stronghold it is useless to preach morality—not even the outworks will be thus gained.

First and foremost in the treatment of this condition comes diet, though, in severe cases, yet earlier will come the complete removal of the patient from home surroundings. Isolation, rest in bed, frequent feeding with excessive quantities—these means have become familiar to us; but short of such extreme measures, we may in milder

cases endeavour to feed up the patient to a higher level of vitality.

One cannot say exactly that a special dietary is needed in these cases, the simple prescription—"feeding up"—indicating sufficiently the requirements; but we may add that the use of meat and of meat broths should be prominent: thus, soup or meat broth twice a day, and meat at least once, will be advisable. We shall thus secure that the dietary is stimulant.

The intervals between meals may require to be broken in these cases, and a cup of warm or hot milk or of cocoa taken in the early morning, if the patient wakes early; also something about eleven in the forenoon, again in the afternoon, and the last thing at night.

A dietary such as this we could not venture here: it must be on prescription, and adjusted to the needs and digestive capabilities of the individual.

The moral of this section is that "nerves" in general may mean that the sufferer has been allowed to lapse into a low level of alimentation, and that a judicious raising of this—*feeding up*—may suffice to cure the malady.

FEVER (ACUTE AND CHRONIC).

PRACTICALLY, the dietetic treatment of the acute febrile state will be in other hands than ours, but we may be so circumstanced that for a longer or shorter period the feeding will rest with us. In such cases we shall always administer slop diet—milk or meat broths, or both—and we shall act thus for two reasons: (1) because the giving of solid food may do positive harm; (2) because it is useless, for the digestive powers, even with moderate fever, are too weak to deal with it, and the food remaining undigested may excite the stomach to vomiting or derange the intestines. As a rule, the patient's own instincts will guide correctly, and lead him to avoid solid food altogether.

On the whole, milk is the best food to give *ad interim*; and we need only add that if an adult takes and digests three pints in the twenty-four hours, a child one pint and a half to two pints and

a half, according to the age, we need not fear that the patient will starve. For the rest, we must refer back to what we have said in our first part as to the methods of dealing with milk and with meat broths. In the case of a short-lived feverish attack occurring in the midst of health, we may safely leave the adult to his own judgment, if it counsel abstinence, for twenty-four hours.

Patients suffering from a fever which periodically remits or intermits, and which is essentially chronic—*e.g.* consumptive patients and the subjects of malaria—may be able to take solid food with advantage, or may actually require it. The solid food in these cases should be given, as far as possible, during the periods of absence of fever, or when the fever is at its lowest; and if we have no thermometer, we must look to the well-known symptoms of feverishness to guide us. When the patient feels at his best, we may know he is freest from fever, and that that is our opportunity for more substantial feeding: this, in general, will be during the forenoon.

In the case of malaria patients, it has been observed that starvation treatment adds greatly to

the mortality ; and whilst, as a general rule, it is stated that the food in these cases should be light and nutritious, it is not uncommon for a sufferer from ague to be able to eat and digest a very respectable meal shortly after recovering from a paroxysm.

We cannot, however, give in any precise form dietaries for chronic fever. In the treatment of consumption as a form of scrofula we have already spoken of the value of fat, and in particular of milk.

CONVALESCENCE.

It is impossible to treat of this except in the most general terms. Convalescence is as multiple as disease, and the return to health is by as many roads as the departure from health : each requires a special leading. We can, therefore, only refer to Chapter II. for guidance in the selection of foods, starting from slop diet in its simplest forms, and advancing up the scale to the food of robust health. Put very shortly, we may thus set forth this scale :—

Slop Diet.—Milk and meat broths, modified or unmodified.

Farinaceous Foods.—Gruel, arrowroot, etc.; milk puddings, bread and milk, etc.

Eggs, lightly boiled or beaten-up.

Fish.—The white-fleshed, lighter kinds.

Poultry.—Fowl.

Game.—Certain varieties.

Meat.—Mutton.

Vegetables—as accessories, as it were—will in general come in last, though vegetable flavourings—as essences, etc.—may come in fairly early.

Beginning with slop diet, we shall gradually admit or substitute the groups as they succeed each other; but no one dietary can be given as embodying the dietetic treatment of convalescence, since this will differ according both to the stage of the recovery and the nature of the disease from which recovery is taking place.

DYSPEPSIA.

THE trouble here is more localised, and it affects the alimentary tract. The stomach may be at fault, or the intestine; or, in addition, the special organs—liver and pancreas—may share in the trouble, and impress their own characters upon the digestive derangement.

Dyspepsia is not a good term; for whilst it means to us difficult digestion—imperfect coction, as the older writers put it—its etymological signification would limit the meaning to an indifferent peptic action—*i.e.* to a function gastric only. We shall, however, use it here as synonymous with indigestion, in whatever part of the alimentary tract the cause be situated.

The first care in an ordinary case of dyspepsia is to see that no dietetic error is being committed; that the meals are not too much crowded; that the intervals are not broken by the taking of food

trifles; that the food is not hurriedly swallowed, and the hasty meal followed by undue exertion, strain (physical or mental), etc. All these are dietetic errors; and having eliminated these, we proceed to inquire as to the quality and quantity of the food taken, and to amend the dietary.

It is possible to lay down general rules as to what may be taken and what should be avoided. The exceptions to these rules will concern the things to be avoided rather than the things to be permitted; but very occasionally, in cases of idiosyncrasy, so called, an article of diet reckoned amongst the easiest of digestion will prove indigestible. In our scheme we cannot take count of these exceptions: experiment alone can determine them.

A dyspeptic should in the first place be cautious in the use of the bread and potato group—thus: bread must be at least one day old and thoroughly baked, to start with. White bread is in general lighter than brown bread (whole-meal) the latter tending in some cases to produce acidity, in the same way that oatmeal porridge does. With every saving clause introduced, bread should be

taken in moderation, and thin dry toast, rusk, and plain light water-biscuit will often replace it with advantage. In many cases it would be wise if the patient would substitute in part a gluten bread for ordinary bread.

Some forms of malted bread may be found of use.

All forms of pastry, boiled or baked, and flour preparations, such as batter, must be absolutely forbidden; but well-boiled milk puddings, rice, sago, tapioca, semolina, barley, etc., are admissible.

Porridge does not suit in many cases.

Potatoes are best avoided; if allowed in small quantity, they should be thoroughly cooked by roasting in their jackets.

Sugar and sweet preparations—preserves, jams, etc.—should be avoided; glycerine or saccharine may replace sugar.

The dried pulses are not suitable—they tend to cause flatulence; but the *Revalenta Arabica*—a food *artificially prepared* from the meal of lentils, beans, and peas—is reckoned digestible.

Vegetables are, as a class, inclined to produce flatulence, and *those allowed should be taken very*

temperately. Of the pea group, very young and tender green peas and French beans may be taken. Of the cabbage tribe, broccoli, cauliflower, spinach, and Brussels sprouts will be the best. Of the salad group, celery, endive, lettuce; all thoroughly well boiled. Further, asparagus (very young) and seakale, both well boiled. Vegetables may with advantage be given as *purées*.

The root-vegetables and fruit-vegetables are not suitable.

In bad cases of dyspepsia the whole class of vegetables should be disallowed.

Fresh fruits are scarcely to be allowed; grapes form, perhaps, an exception.

Fruits stewed are more digestible—*e.g.* apples, pears. The roast apple is excellent.

The use of this class is thus very restricted.

Milk is, in general, suitable, but it often requires some modification—*e.g.* by boiling, by the addition of isinglass, arrowroot, etc. (see First Part); milk as junket may be tried.

Fats in general are not well borne; and cooked, they are specially obnoxious. Frying is therefore never to be allowed, unless all the browned and

fat outside parts are carefully removed before eating.

Butter may be taken in small quantity, but not cream.

Cheese is indigestible.

Eggs may be tried. They should be lightly boiled, by preference, but may be also tried beaten-up in the raw state.

Fish (the white-fibred) are allowable ; in particular, whiting, sole, flounder, haddock, plaice, brill. The fish should be boiled.

Oysters may be tried. They must not be cooked.

The claw of the lobster is reckoned by some to be digestible ; it may be tried. (The fibres of this part are very short.)

Birds (the white-fleshed poultry) are allowed ; also game.

Poultry should be boiled or roast ; game roast, with free basting.

Of butcher's meat, mutton is the best ; but beef (especially as tender rump-steak) will generally prove both acceptable and digestible. Mutton boiled or roast, or, as chop, grilled, also steak,

grilled. Tripe and sweetbread will be found to digest. They must be plainly dressed.

Soups (if allowed) should be clear, and taken *in small quantity*. They should not contain vegetables, though they may contain vegetable flavouring.

Plain dressing and thorough cooking holds all round for every class of food. Highly-spiced foods are quite unsuitable, but a moderate use of condiments is not forbidden.

As to beverages : some plead specially for tea, particularly if taken weak and brewed for a very short time. In most cases this will be found to be special pleading, and the forbidding of tea and coffee is necessary. Cocoa (the thinner forms, or best, the cocoa nibs) may do as a substitute. Of milk we have spoken.

The quantity taken should not exceed a breakfast-cup at a meal, and a teacupful will be preferable.

Plain water, cold or hot, or qualified with a little good whisky (if ordered), will be the best drink at the mid-day and evening meals. Half to three parts of a tumbler should be the limit.

Wines and beers do not suit, especially the latter ; nor do lemonades and drinks of this class.

It will be found in general that curtailing the amount of liquid of all kinds is beneficial.

A great many dietaries have been written out for dyspepsia, and some of these are very contradictory ; but a diet such as we have sketched out will in the majority of cases give very good results. In some cases limitation of the diet to meats, almost entirely, gives the best results. We shall now proceed to illustrate this diet by actual dishes, but before doing so, just one remark may be permitted. Dyspepsia, though causing extreme discomfort, is not a disease with any fatal tendency : its victims may live long lives, but the usefulness of the lives led and the pleasure in life are decidedly at stake. The dyspeptic lacks energy and is a hypochondriac ; and, withal, there is the epigastric accompaniment of discomfort, not to say pain. The choice is before him, and with these issues well in view, he is perfectly free to choose the tempting dish—only let him not complain.

DIETARY TABLES FOR DYSPEPSIA.

First Day.

BREAKFAST.

One cup of thin Cocoa or Cocoa-nib Infusion, or thinned
Milk Arrowroot. Toast with a very little Butter.
Lightly-boiled Egg. Baked Apple.

LUNCHEON.

A Tender Rump Steak, grilled, or Beef or Mutton
Collops, plainly dressed.
Milky Rice. Biscuit or Stale Bread.

DINNER.

Boiled Sole on Toast. Mutton Chop, grilled, or a Slice
from a Joint, with Stale Bread.
Boiled Celery. Devonshire Junket.
One or two tablespoonfuls of Whisky in half a tumbler
of plain Water may assist at luncheon and dinner.

Second Day.

BREAKFAST.

Cocoa as above, or thinned Milk Arrowroot.
Flaked Haddock. Toast or Gluten Bread.
A Baked Pear (if too sweet, substitute a Baked Apple).

LUNCHEON.

Mutton Cutlets. One Roast Potato (in jacket) or
Stale Bread. Cup Custard.

DINNER.

Clear Soup. Roast Partridge or Roast Pigeon.
French Beans or Asparagus.
Lemon Jelly.
Plain Water Biscuit or Rusks, with a little Butter

RECIPES.

First Day.

BREAKFAST.

Cocoa.—See p. 124.

Thinned Milk Arrowroot.—(Hospital recipe—from “Thin Foods,” by Dr. and Miss Bullar.)—“Take three teaspoonfuls of the best arrowroot (none but the best will answer for this recipe) and half a pint of milk. Mix in the arrowroot quite smooth, and boil it up, stirring it well until it is quite cooked. It will be very thick. Take it off the fire, and let it stand till it is cool enough to drink; beat it up with a fork or whisk, and stir in well half a teaspoonful of maltine; in about half an hour it will become quite thin, and will be ready for use. A little cinnamon boiled in the milk will make a good flavouring.”

Toast.—See p. 85. *Egg, Boiled*.—See p. 210. *Apple, Baked*.—See p. 89.

LUNCHEON.

Rump Steak, Broiled.—See p. 204. *Beef Collops*.—See p. 139. *Milky Rice*.—See p. 212.

DINNER.

Sole on Toast.—See p. 136. *Mutton Chop*.—See p. 105.

Boiled Celery.—Celery is a favourite vegetable, and it is much more digestible when boiled than when eaten raw. Choose heads that are well grown, and not woolly inside. Cut off the outer sticks, and trim the roots neatly, then cut them into pieces about four inches long. Wash them very carefully, and blanch them by boiling them in salt and water for a few minutes; drain, wash again, and boil gently till quite tender in well-salted milk and water. Use the liquor in which they are boiled to make sauce by thickening it with a little flour. Dish the celery neatly on toast, pour the sauce over, and serve.

Devonshire Junket.—See p. 141.

Second Day.

BREAKFAST.

Flaked Haddock.—Boil a fresh haddock in the usual way (see p. 126), and when cooked lift the flesh from the bones, and let it fall into flakes. Season it daintily with pepper and salt, and sprinkle a little lemon-juice over it. Have ready a little plain fish-sauce (see p. 214); for a cupful of prepared fish a cupful of sauce will be needed. Toss the fish and the sauce together, arrange the mixture on a dish that can be sent to table, put bread-raspings on the surface, and bake in a hot oven for about a quarter of an hour.

Toast.—See p. 162. *Gluten Bread.*—See p. 106.

Baked Pears.—Choose large, sound iron pears ; peel, halve, and core them, and put them in an earthenware jar with some thin strips of lemon-rind, half a pound of sugar in lumps, and as much water as will nearly cover them. Put them in the oven when the cooking for the day is done, let them remain all night, and cook gently till tender. To make hard baking pears *red* without using cochineal it is necessary to bake them a long time—say, about twenty-four hours. If cooked even longer than this they will not hurt, if only they are gently baked.

LUNCHEON

Mutton Cutlets.—See p. 187.

Roast Potato.—See p. 149.

Cup Custard.—Boil half a pint of milk with a quarter of an inch of stick cinnamon, and when it rises in the pan, pour it upon a lightly-beaten egg that has had the speck taken from it. Add a pinch of salt, and sugar to sweeten the custard agreeably, strain into one large or two smaller cups, place them in a deep baking-tin in the oven, pour boiling water round them, and let them steam thus till firm in the centre. If properly cooked, the custard will be smooth throughout, like cream, not at all “honeycombed” or watery, and very wholesome and digestible. Instead of stick cinnamon, the custard may be flavoured with a variety of substances, amongst which may be named grated lemon- or orange-rind, grated nutmeg, almond or vanilla extract. Cup custard may be served hot or cold.

DINNER.

Clear Soup.—See p. 150

Roast Partridge.—See *Roast Pheasant*, p. 263, allowing for the size of the bird.

Roast Pigeons.—Take two young pigeons. Procure house pigeons if they are to be had, and be careful that the birds are young and freshly killed. They quickly lose their flavour if kept. Put inside each a forcemeat ball made of bread-crumbs, a little butter, chopped parsley, pepper and salt. Truss firmly with the legs forward, the wings to the side and points turned over the back, and pass string round the skewers. Hang the birds back to back, breast downwards, baste freely with good dripping or butter, and draw gradually nearer the fire. Ten minutes before taking them up, turn the birds, so that the backs may be cooked. When the steam draws to the fire it is a sign that they are done. They will take from twenty to twenty-five minutes. Serve on a hot dish with a little gravy over them, and more in a tureen.

French Beans.—These should be young and small; they can then be cooked whole, and will not need to be strung. Have ready plenty of fast-boiling salted water, throw them in, and boil quickly, with the lid off the pan, till tender. They will take about a quarter of an hour. Drain thoroughly, and serve hot.

French beans are greatly improved by being tossed in butter after boiling. They are then named French

Beans Sauté. Melt a slice of butter in the pan (two ounces of butter will be needed for each pound of beans), throw in the drained vegetables, and toss them over the fire for five or six minutes. A little lemon-juice may be added last thing. This mode of cookery is scarcely suitable for the dyspeptic.

When scarlet-runners are provided, they must be "strung," then cut into thin strips lengthwise, and boiled like French beans.

Asparagus.—See p. 97.

Lemon Jelly.—Soak half an ounce of gelatine in one pint of water for an hour. Prepare the very thin rind of the lemon (the rind should be cut so thinly that it can be seen through, or till it is equally yellow on both sides). Take also the strained juice of two small lemons, two ounces of sugar, or more according to taste. Put all these ingredients into a saucepan, with the whisked white and crushed shell of one egg, and stir until the liquid rises in the pan. Let it simmer a minute, draw it back, and let it stand for a quarter of an hour, then pour it into a jelly-bag or napkin, and, without disturbing the sediment, let it drip through. When quite clear, add a glass of sherry and a tablespoonful of brandy, if approved, and mould the jelly when it is on the point of setting. Sometimes a couple of cloves and a tiny piece of stick cinnamon are used for flavouring as well as lemons.

BILIOUSNESS.

THIS term is popular, but exceedingly vague. It is applied to the temperament, but the temperaments are of the past; to the complexion, when this is more or less sallow; to certain forms of vomiting and diarrhœa, in which an excess of bile is present in the stomach and intestines, and characterises the egesta; lastly, to a certain group of symptoms characterised by loss of appetite, nausea (generally terminating in sickness), headache, furred tongue, constipation.

The last mentioned is that which concerns us most—viz. the “bilious attack”—though it is by no means clear what part the bile or the liver plays in its production. In most cases the attack is nothing but an acute dyspeptic seizure, sometimes brought on by errors in diet, but sometimes of distinctly nervous origin—the so-called nervous or sick headache.

The dietetic treatment for this passing seizure

is negative—viz. by abstinence or by the taking of the very lightest forms of diet—such as milk and soda-water, water or milk arrowroot, or such like. There is no *menu* for the attack.

To prevent the occurrence of the attack, we observe the general rules already laid down for dyspeptics, and especially as regards the use of fat and rich dishes, and of pastry in every form; sugar also, and sweet foods, must be taken in great moderation, or abstained from altogether. Thus there is nothing fresh to be said on the subject of prevention. The avoidance of the list of the other dietetic errors already mentioned will, of course, hold. It must not be forgotten, however, that many subjects of bilious attacks do not seem to suffer otherwise from dyspepsia in the intervals. These should not live richly, it is true, but they need not be over-strict, for in them it may be that the “attack” is simply the manifestation of a nerve-storm, the causes for which are outside the alimentary tract.

NOTE ON GALLSTONES.—A patient who is the subject of gallstones may, subsequently to an attack,

and in the hope of avoiding further attacks, adopt certain measures, hygienic and dietetic. These have been summarised for us by a master of the healing art as follows :—" He (the patient) must rise early. and take plenty of exercise in the open air, sleep in an airy bedroom, live sparsely, drink little or no wine, and avoid all rich, fatty, and saccharine food and malt liquors."

“TORPID” OR “SLUGGISH” LIVER.

OTHER vague terms; but they mean something, and the liver is accused because, in addition to the usual troubles—dyspeptic—referred to the pit of the stomach or under the heart, the region of the liver, just above and below the right margin of the ribs, is now the seat of discomfort—fulness, weight, aching. Pain in these cases is often referred to the right shoulder-blade or to the right shoulder. The complexion may be more or less sallow, and the whites of the eyes appear tarnished. There will probably be constipation. These are the principal symptoms.

The real nature of the symptoms at work here is by no means clear, and there is not lacking evidence to show that a certain relation exists between this group of symptoms and the group of affections already spoken of under the headings Gout, Gravel, Stone (uric acid).

Leaving the matter to the physician to solve, what we do know more definitely is that excessive eating and drinking may cause the symptoms of "torpid" liver, and that certain articles of diet are specially noxious. Such are: Fatty and saccharine matters, and all forms of pastry; also all malt liquors, particularly the stronger or fuller kinds; the fuller-bodied wines: port, sherry, Madeira; sweetened spirits, and liqueurs. A highly animalised diet will not suit these cases, and any meat taken must be of the lighter kinds, and the dressing must be very plain.

This will apply to the routine diet of life, but during the actual persistence of the symptoms enumerated above, it would probably be best also to withdraw butchers' meat wholly from the dietary, for the time being. We thus note that the dietetic treatment will partake of the treatment of the dyspeptic and of the gouty, and, judging by the treatment, we are justified in regarding the "torpid" or "sluggish" liver as a symptom of the gouty-dyspeptic.

VOMITING.

THE treatment of vomiting will certainly be in the hands of the medical man, and pending his arrival we shall either give no food or food in its simplest forms—*e.g.*, a little iced milk, milk and soda, thin arrowroot made with water or milk, barley-water, etc. A teaspoonful of brandy added may sometimes help to stay the stomach.

There is no dietary which we need consider.

DIARRHŒA.

THE treatment of this affection also will be mostly outside our limits, but for passing disturbances of this kind a few simple dietetic observances may suffice.

The diet must be reduced to its simplest terms : Milk (preferably boiled) and milk foods, such as arrowroot, corn-flour, gruel, etc. Milk puddings—sago, rice, tapioca—are very suitable. Egg, beaten up or lightly boiled, may be taken. The addition of some spice, such as cinnamon or clove, is generally found grateful, and also the addition of a small quantity of brandy.

Food should not be taken hot, but either slightly warm or (if preferred) of the normal atmospheric temperature. There is no call to ice the food, as has been advised, unless the stomach is also very irritable.

Should the patient fancy it, a little meat jelly

or meat juice, or even a little beef tea or mutton broth, thickened with sago, or rice, or tapioca, might be tried.

The idea prevails that meat broths do not suit in diarrhœa cases, but some attacks, especially in children, are best treated exclusively on meat juices.

Meat broth, if allowed, should be taken cool or slightly warmed.

As the attack passes off there is a gradual return, by tentative steps, to ordinary diet.

CONSTIPATION.

THIS—a very common and habitual trouble—may sometimes be successfully combated by dietetic means alone. In every case we should first try such means before having recourse to medicine. We may state very briefly the needful observances :—

(a) Fresh fruit and vegetables should be introduced liberally into the diet. Ripe fruit (apple, pear, orange) is best taken before breakfast—the first thing in the morning. Stewed figs and stewed prunes may be tried in their stead, if necessary. Ripe or stewed fruits may also accompany the luncheon and dinner. Fresh vegetables may be taken as salads, but there is more scope for the use of cooked vegetables—in particular, green vegetables. The Spanish onion (boiled) appears to be of special value.

(b) A coarse whole-meal bread should replace

the finer white breads, and a plate of coarse oat or wheat-meal porridge may be taken daily. This will of course, come into the breakfast meal.

(c) Oils and fats appear to act beneficially ; and hence, cream, butter, salad oil may be liberally partaken of.

(d) Milk and eggs are held to constipate : *they do so less in the uncooked state.*

(e) Rice, sago, tapioca, and some other farinacea are also held to constipate.

(f) Tea may be replaced by coffee or cocoa, both of which are comparatively free from astringency.

For the rest, ordinary food may be eaten without let or hindrance.

Unfortunately, constipation is too often associated with dyspepsia of some form or other, and then we may be unable to try the above-mentioned articles of food. The limitations of such dyspepsia will be the same as those already set forth.

As in the case of dyspepsia, so in the case of constipation : we must make sure that no errors of living are being committed—*e.g.*, want of exercise of routine attention to the action of the bowels, etc. If present, we must first correct these.

DIETARY TABLES FOR CONSTIPATION.

Ripe fresh fruit or a tumbler of cold water taken regularly the first thing in the morning. If fresh fruit is not available, an excellent substitute may be obtained by soaking a prune or a fig all night in a tablespoonful of best olive oil.

First Day.

BREAKFAST.

Oatmeal Porridge, coarse variety best.

Coffee or Cocoa. Bacon.

Brown Bread and Butter. Tomato Salad.

LUNCHEON.

Mutton Collops and Onion Sauce. Baked Apple.

DINNER.

Celery Soup. Marengo of Chicken. Potatoes.

Mixed Salad, with salad-oil dressing, freely.

Water Toast with Compôte of Apples.

Second Day.

BREAKFAST.

Porridge, or Hot Oatmeal Muffins.

Cocoa or Coffee.

Sardines preserved in oil.

Tomato Sandwiches.

LUNCHEON.

Raw Oysters. Brown Bread and Butter.
Baked Pears.

DINNER.

Fried Sole. Braised Mutton.
Boiled Spanish Onions, or some other vegetable if
preferred.
Hydropathic Pudding.
Celery with Cheese and Biscuits.

RECIPES.

First Day.

BREAKFAST.

Oatmeal Porridge.—See p. 124. *Coffee.*—See p. 89.
Cocoa.—See p. 181. *Bacon.*—See p. 129. *Tomato Salad.*—See p. 162.

LUNCHEON.

Mutton Collops.—See p. 191. *Onion Sauce.*—See p. 147. *Baked Apple.*—See p. 89.

DINNER.

Celery Soup.—Wash a single head of celery, cut it into inch lengths, put it into a saucepan with a small onion, and a slice of butter. Cover closely, and let the vegetables “sweat” for a few minutes over the fire to draw out the flavour; and shake the pan now and again to keep them from burning. Drain off the fat, and in its place put about a pint of water or the stock in which a leg of mutton or a fowl has been boiled, and simmer till tender. Rub the soup through a sieve. Mix a dessertspoonful of flour to a smooth paste with cold water, and add boiling milk to make a pint of white sauce. Mix this with the celery pulp, add pepper and

salt and a quarter of a pint of cream ; make hot, and serve.

Marengo of Chicken.—See p. 152.

Potato Snow.—See p. 190.

Mixed Salad.—See p. 86.

Water Toast.—Toast four thin rounds of bread. Have ready a little boiling water well salted. Dip each slice quickly in and out of the water, then butter it well, and pile the slices one upon another in a silver or metal dish that has been made very hot. Serve as hot as possible. If the toast is allowed to get cold and clammy, it will be disagreeable, but if hot and slightly crisp it will be excellent eaten with apple.

Apple Compôte.—Wash, pare, and core without breaking any number of good well-flavoured apples of an equal size. Stew them gently in a pie-dish with water that does not quite cover them, and allow a thin strip of lemon rind and two large lumps of sugar for each apple. Cover the apples while in the oven, and bake them gently until they are soft, but not broken. Look at them frequently ; when nearly done, take them out of the oven before they can fall, and put them in a glass dish. Boil the syrup with a pinch of soaked gelatine and half a glass of sherry, and pour it round the apples when cold. Put a little bright-coloured jelly or a knob of cream on the top of each apple. Wellington apples answer excellently for this dish, because they are very white when cooked, and therefore look pretty.

Second Day.

BREAKFAST.

Porridge.—See p. 181.

Oatmeal Muffins.—Take a cupful of cooked oatmeal (cold porridge that is thoroughly well boiled and rather dry will do for this purpose); beat the oatmeal well with a cupful of milk, added gradually. Stir into it a salt-spoonful of salt, two tablespoonfuls of sugar, a pint of flour that has been well mixed with two teaspoonfuls of baking powder, and a lightly-beaten egg. Add more milk if necessary; a moderately thick batter is required. Last of all, stir in a tablespoonful of butter melted; beat for half a minute, and bake immediately in well-greased pans or muffin-rings in a hot oven for half an hour. These muffins are to be eaten hot.

Cocoa.—See p. 124.

Coffee.—See p. 89.

Sardines with Oil and Vinegar.—Take as many sardines as are likely to be wanted from the tin, drain them well, remove the skin, and take up the flesh in fillets. Cleanse thoroughly a small quantity of lettuce, or a little mustard-and-cress. Dry it perfectly by tossing it in a dry napkin, and shred it finely. Mix the salad with oil and vinegar, put it on a dish, arrange the fillets of sardines upon it crosswise, to make a sort of trellis, and sprinkle chopped gherkins on the top.

Tomato Sandwiches.—See p. 138.

LUNCHEON.

Raw Oysters.—See p. 94.

Baked Pears.—See p. 235.

DINNER.

Fried Sole.—See p. 162.

Braised Mutton.—See p. 163.

Boiled Spanish Onions.—Take the requisite number of Spanish onions of uniform size, peel them, and boil them gently in salted water for two or three hours till tender. Drain them, and put them in a hot dish. Have ready a little Maitre d'Hotel butter, put a piece about the size of a filbert on each onion, and serve.

Maitre d'Hotel Butter.—Pick some leaves of parsley from the stems, wash them well, and chop finely. After chopping, wash a second time by putting the parsley in the corner of a cloth, dipping it in cold water, and wringing it dry. The second washing removes the acrid taste which is sometimes present in fresh parsley. Put the parsley on a plate with its bulk in fresh butter, a little pepper and salt, and a few drops of lemon-juice. Work the ingredients together with the point of a knife till the mixture is smooth, and of the consistency of very thick cream, when it will be ready for use. If the butter is prepared before it is wanted, it must be kept in a cool place, as if melted it would oil and be spoilt. In order to avoid this mischance, it is necessary to mix it in a cool place.

Hydropathic Pudding.—See p. 132.

BRIGHT'S DISEASE.

THE treatment of this disease, dietetic as well as other, will be wholly in the hands of the doctor during the acute stage; but when the disease has lapsed into a chronic condition, and in those cases which, beginning insidiously, never have an acute stage, the patients are more or less at large, and undertake more or less the duties and responsibilities of social life. To these, dietetic rules become of much importance, and by their means, amongst others, the patients may avoid the dangers which beset them on all sides.

Bright's disease includes several forms of departure from health, but of all we may say that the kidneys are at fault—if not primarily, or perhaps even mainly, in every case, yet decidedly at fault—and the endeavour has always been to lighten, as far as possible, the labours of this important excreting organ. Now, a very essential function of the

kidneys is the separation from the body of the waste products derived from the breaking up of albuminous, nitrogenous compounds; and hence, to lessen the in-take of foods rich in albumen has hitherto been made an essential feature of the dieting. Theory urges this upon us, and experience is supposed to have established the theory; and we see no reason at present to depart from the usual lines of treatment; but of late some doubts have been thrown upon the wisdom of the practice, and experiments have quite recently been brought forward to show that a full nitrogenous diet is beneficial, and not harmful. Under the circumstances, whilst advising that the usual dietetic precautions should be adopted, we would urge that they should not be persisted in if the patient does not thrive, and that then a more liberal dietary might be tried. In any case, such a change should be under medical advice.

The following are the diets adopted in cases of Bright's disease:—

(1) *Milk only.* The patient while adopting this should be under observation. The milk may be unmodified, and taken cold or warm, to the patient's

taste ; or it may be skimmed. In the latter case, constipation is more likely to arise. Four, five, or even six pints of milk may be taken in the twenty-four hours. The use of modified milk—*e.g.*, whey and koumiss—has been advocated in place of milk.

(2) A modified milk diet, in which milk is still the basis of the regimen ; but by various means—farinaceous thickenings and various flavourings—the monotony is relieved.

(3) A mixed dietary. This is the dietary most often adopted when the disease has become confirmed ; and it is in the earlier stages of the trouble, or in stages half-way between the acute trouble and the established disease, that the stricter diets are more successful.

In the mixed dietary, the bread, rice, and potato group may be freely used, but the cooking must be thorough ; and for this reason all pastries should be avoided. Milk puddings and bread puddings may replace pastry. Thoroughly cooked oatmeal or wheatmeal porridge may be allowed at breakfast.

Sugar in moderation is permissible, but sweets—*e.g.*, jams, preserves—are best avoided.

The dried pulses are questionable: they are, of course, rich in nitrogen, but their chief disqualification is that they are difficult of digestion. The prepared meal (*Revalenta Arabica*) may be tried, and we cannot forbid *trial* of even the unprepared bean meals.

The entire group of green vegetables—the pea group, in the green and very young state, the salad group, also seakale, asparagus, the green and Jerusalem artichoke, the onion, marrow, tomato—all may be partaken of to the extent of their digestibility in each individual case.

Fresh ripe fruit is suitable.

Milk in any form: butter, cream. Cheese should not be taken.

Eggs are regarded by some as unsuitable.

Fish: the white kinds; the white-fleshed poultry; game. Of these the albuminuric patient may partake in moderation.

Of butcher's meat, if any be allowed, it will be mutton; but in general the whole group will be avoided or partaken of very sparingly.

Fat bacon may be allowed, well toasted.

It will be seen, then, that the special characteristics of this dietary are the limitation of the solid albuminous foods, both as to quality and quantity, and the accentuation of the use of milk.

As to beverages other than milk: the use of tea and coffee will depend upon their toleration, and in certain cases where dyspepsia is prominent these will both have to be forbidden. Cocoa may then be substituted, and best, the cocoa from the nibs.

Alcohol in general is not well tolerated, and if allowed, should be taken as claret or hock; or a light beer may be tried. Water is best in the majority of cases. We would insist again that the effects of diet in the *individual case* must be most carefully watched, and in not a few cases the wisest physician will interfere least by diet or otherwise with the patient.

DIETARY TABLES FOR BRIGHT'S DISEASE.

First Day.

BREAKFAST.

Porridge, with plenty of Milk.

Cocoa.

Brown or White Bread, or Toast, with Butter.

Baked Slips.

LUNCHEON.

Tripe, and Onion Sauce.

Tapioca Cream, with Stewed Fruit.

DINNER.

Milk Soup.

Calf's Sweetbread, or Roast Pheasant.

Mashed Potatoes. Vegetable Marrow.

Milky Rice and Baked Apples (the pudding to be very
Milky).

Second Day.

BREAKFAST.

Porridge with Milk, or Thickened Milk.

Boiled Fresh Herrings, with Dry Toast.

Stewed Fruit and Cream

LUNCHEON.

Filleted Haddock, with Brown Bread and Butter.
Apple Snow.

DINNER.

Grilled Chop, or Roast Chicken.
Bread Sauce.
Duchess Potatoes and Salad.
Bread Pudding with Fruit Sauce.



RECIPES.

First Day.

BREAKFAST.

Porridge.—See p. 181.

Cocoa.—See p. 124.

Baked Slips.—Soles too small for frying or filleting are usually called “slips” in the market. They are sold at a lower rate per pound than the larger fish, but they are very sweet and delicate. Scrape but do not skin them, and let them lie between the folds of a cloth to make them quite dry. Brush them on the white side with dissolved butter, sift bread-crumbs over them, and lay them white side uppermost in a buttered baking-tin, and bake till the flesh leaves the bones easily. Thus prepared, the fish will not need any sauce.

LUNCHEON.

Tripe and Onion Sauce.—See p. 146.

Tapioca Cream.—Stew a brimming tablespoonful of pearl tapioca in half a pint of milk; sweeten and flavour with cinnamon, and set it away to cool; just before serving add a gill of cream which has been whipped till firm. Serve with stewed fruit.

Stewed Fruit.—When fruit is allowed at all for invalids, nearly every kind may be used that is sound

and in good condition, provided it is daintily stewed. Fruit should be cooked in an earthenware or porcelain saucepan. The harder sorts should have a little water put with them. Fruit stewed in the French way—that is, made into a compôte, is generally found to be acceptable to invalids. According to this method the amount of sugar needed is boiled first to a clear syrup with a little water; the fruit is then put in and simmered gently till soft, when it should be lifted into a glass dish, the syrup boiled a few minutes longer, and poured over it when cool. Compôtes should always be made with fine loaf sugar. They are delicious and refreshing, and fruit cooked thus—that is, not over-cooked—retains its flavour well. The time required varies with the nature of the fruit. The softer sorts, such as raspberries and strawberries, need to simmer for a few minutes only.

DINNER.

Milk Soup.—Take two large potatoes, or three small ones, a leek or a small onion, one ounce of butter, an ounce and a half of crushed tapioca, and a little pepper and salt. Set a quart of water to boil. Prepare the potatoes and onion, cut them into slices, and throw them into the boiling water. Add an ounce of butter and half a saltspoonful of salt, and boil for an hour. Rub the soup through a sieve, return it to the saucepan, and let it boil again, and put with it half a pint of boiling milk. Sprinkle into it gradually an ounce and a half of crushed tapioca, boil till clear, and serve.

Sweetbread.—See p. 136.

Pheasant.—Pluck, draw, and truss the bird, and either lard it or pass it through hot fat, before putting it down to the fire, and baste it well whilst it is being cooked. It should be well done, the time required to be regulated by the size of the bird. It is usual to allow three-quarters of an hour for a good-sized bird; rather less for a small one. Send bread sauce and brown gravy to table with the pheasant.

Mashed Potatoes.—Take three or four cooked potatoes, and break them smoothly, or, better still, press them through a wire sieve. Put two tablespoonfuls of milk and a knob of butter into a saucepan; boil, then stir in the potatoes, add a pinch of salt, and beat briskly over the fire for a minute or two till the mixture is dry. Serve very hot.

Milky Rice.—See p. 212. *Vegetable Marrow.*—See p. 190.

Second Day.

BREAKFAST.

Thickened Milk.—Break an egg into a bowl, and put with it a pinch of salt and a little sugar. Beat it till it is light, but not foamy; then pour on it a tumblerful of boiling milk. Stir it well, add a little flavouring if liked, and serve when cool in a tall glass.

Boiled Fresh Herrings.—Boiled fresh herrings are not as well known as they deserve to be. They are

very delicate and easy of digestion, and less rich than when fried or broiled. To prepare them, wash, scale, and empty the fish, dip them into vinegar, and skewer them in a ring with their tails in their mouths. Lower them gently into boiling salted water, draw the pan back immediately, and simmer softly till done. They will be cooked in six or eight minutes, and should be taken up the instant they are ready, as even a little over-boiling will spoil them. They should be drained, served on a hot dish, and garnished with parsley. For other ways of cooking fresh herrings, *see* RHEUMATIC GOUT.

LUNCHEON.

Filleted Haddock.—See p. 93.

Apple Snow.—See p. 155.

DINNER.

Grilled Chop.—See p. 105.

Roast Chicken.—Truss a chicken firmly, and cover it with well-greased kitchen paper, or, if preferred, bind a slice of bacon over the breast. Put it neck downwards to a clear fire, and baste it well with butter or dripping. A few minutes before it is cooked remove the bacon or paper, and let it brown well. A chicken would need to roast about half an hour, a large fowl one hour. Brown gravy, made of stock or of the giblets, should be served with the fowls.

When a chicken has been procured specially for the use of an invalid, it is a good plan to divide the bird into two portions by cutting it down the middle with a sharp

knife. The two halves can be cooked in different ways, to furnish two hot dishes. One half of a chicken may be roasted or baked, and the other may be broiled, boiled, or stewed.

Bread Sauce.—Prepare some bread-crumbs by rubbing stale crumb of bread through a wire sieve. Pour on it an equal measure of boiling milk, cover it, let it soak for a quarter of an hour or so, then turn it into a delicately clean saucepan, season with salt and white pepper, and boil it for a few minutes, stirring it constantly the while. Add a spoonful of cream, boil once more, and serve. Sometimes a mild flavour of onion is liked in bread sauce. When this is the case, an onion may be boiled in the milk that is to be poured over the crumbs. If approved, the onion may be finely chopped and mixed with the sauce.

Duchess Potatoes.—Bake half a dozen large potatoes, then peel them and rub the white part through a sieve. The pulp of baked potatoes will be dry and mealy, and that is what is wanted. Mash them lightly and quickly with a little piece of butter, pepper and salt, an egg, and, if necessary, a spoonful of cream to form a firmish paste. Roll this on the pastry board to make a flat cake, about the third of an inch thick; cut it into oblong squares or rounds, brush them over with milk, and bake in a greased baking-tin in a quick oven till lightly browned. Serve at once.

Salad.—See p. 86.

Bread Pudding with Fruit Sauce.—Take as many

fine bread-crumbs as are required for the size of the pudding. Supposing there are crumbs to fill a gill measure, make a custard with half a pint of milk daintily flavoured, and the yolks of two eggs, and sugar to taste. Pour this over the crumbs, and let them soak for a while, then add a pinch of salt and a small lump of butter, and beat well. Just before cooking, add the whites of the eggs that have been whisked to a froth. Carefully butter the inside of a large breakfast cup or small basin, pour in the mixture, lay a round of greased paper on the top, and place the basin in a saucepan with as much boiling water in it as will reach half-way up the side. Steam gently for about three-quarters of an hour, let it stand a few minutes, turn it out carefully, and send a liberal supply of fruit sauce to table with it.

Fruit Sauce.—Stone some plums or blackberries, put with them a slice of toasted bread, a glass of claret, and a little water, and simmer gently till soft. Rub the whole through a sieve or colander to keep back skin or seeds, sweeten pleasantly, and add a little lemon juice. Make the sauce hot for serving. It is obvious that the claret may be omitted, if desirable, and water can be used in its place.

HEART DISEASE.

IN a great variety of general affections the heart follows suit, indicating its sympathy by disturbed action. The dyspeptic, the obese, the gouty, the anæmic may all suffer from heart symptoms—such as breathlessness, palpitation, and the like. The treatment for this secondary affection of the heart is the treatment of the primary general disturbance; but in a considerable group of heart affections this organ is damaged mechanically, and the mechanical failure assumes the character of a primary disorder. The distinction should always be made between heart disease and heart failure. The heart may be diseased—*e.g.*, there may be some damage to a valve, involving more or less faulty action, but the faulty action may be more or less completely compensated for by adaptation: the powers of the heart to adapt itself are remarkable. On the other hand, the disease may have progressed to

such an extent that adaptation fails. The fault is then no longer compensated for, and heart failure is established.

So long as there is no heart failure, we do not treat heart disease as such, either medically or dietetically, though we shall, of course, lay down such rules as shall maintain the general health at its best and spare the heart most ; but the moment the heart fails it must be treated.

Heart failure invariably means a feeble circulation, with congestions or stagnations of blood. The alimentary tract, and in particular, its important appendage, the liver, suffer such congestions, and the process of digestion is more or less impaired. At times the digestive disturbance assumes the character of crises of acute dyspepsia : such are the gastric crises, so called.

It cannot be said that there is any specific dietetic treatment for heart failure. The food must be light and nutritious ; but this statement means very little, and, in point of fact, we shall have to range from a purely milk or slop diet during a gastric upset, up through the milk and farinaceous diet, the fish and poultry diet, to the full diet, in-

cluding a liberal allowance of butcher's meat. The dietetics of dyspepsia in general will be the dietetics of the impaired digestion of heart failure. We must therefore refer back to the section on Dyspepsia.

Limiting the liquids is sometimes found very helpful—*e.g.*, one tea-cupful in place of two, and a tea-cup to replace the breakfast-cup ; a half-tumbler at luncheon and dinner. The patient soon gets accustomed to the drier diet.

In cases of heart disease, dyspepsia, etc., a point is sometimes made of the time for the chief meal, the mid-day (1 to 1.30) being selected as the most suitable. This—other things being equal—is the best time, but much will depend upon previous habit and upon the exigencies of the day's routine, and it is not wise to lay down the law too rigorously.

BRONCHITIS.

BRONCHITIS is frequently a secondary trouble, and referable to a vice of system—*e.g.*, the gouty; or to disease elsewhere—*e.g.*, heart disease. Where this is demonstrable, the dietetic treatment must recognise the underlying vice or the diseased organ primarily at fault. Where such is not demonstrable, it calls for little that can be regarded as special treatment. We may summarise very briefly the needful:—

(1) In general, the patient needs supporting, and the diet should include the moderate use of cordials—preferably, a little good spirit (whisky or brandy); but a dry sherry or port (if there be no gouty tendencies) may be allowed, also an occasional glass of dry champagne.

(2) The mid-day is in most cases the best time for the chief meal. (See previous remarks.)

(3) The diet, though supporting, should be

easy of digestion: Milk and milk foods; eggs, beaten up with milk or in the tea or coffee, with or without a small quantity of spirit; a small quantity of strong soup once or twice a day; white fish; poultry (white-fleshed); mutton; the more digestible vegetables, thoroughly cooked, etc.

(4) In some cases limitation of the fluids is found beneficial. Bearing in mind the principle of the diet—supporting and stimulant, but easy of digestion—we need not repeat at length the list of suitable foods, or plan out a special dietary.

ASTHMA.

IN the treatment of asthma also we shall proceed on similar lines: the food should be light, but nutritious. The asthmatic has often a very sensitive stomach, and disturbance here by bulky or by indigestible food is very liable to provoke an attack. The night is the period in which the attack is most liable to occur. On these counts we shall be careful (1) to select the diet on the lines already laid down with reference to dyspepsia; and (2) we shall endeavour to secure the completion of the digestive process, or reduce this to a minimum of strain, before retiring to bed. Late suppers or late dinners are therefore to be avoided. The mid-day meal must be the principal one, and what food is subsequently taken must be light. We can help this plan of lightening the evening task by making the breakfast rather more substantial, but even this and the mid-day meal

should be comparatively light, the diet in general being "spare."

Cocoa, as beverage, will often advantageously replace tea and coffee. The latter is a valuable agent in treating the attack itself, but its use may be reserved for such emergencies, or, at any rate, be occasional only.

Stimulants may be required, but as a rule the patient is better without them. If allowed, a small quantity of good spirit, moderately diluted, will probably be the best form. It will, of course, be taken as a digestive aid at meal-time.

Asthma is so enigmatical, not to say paradoxical a disease, that we must be prepared for any freak, however strange, in matters dietetic as well as hygienic; but the general run of cases will be met best as above described.

LIQUID AND SEMI-LIQUID FOODS, OR "SLOP DIETARY."

FEVER patients are limited to "slop diet," which is also advisable or even necessary during the feverish stages of many other complaints, not popularly considered fevers, though the character of their onset is well understood by medical men. Also during many stages, even of convalescence, the patient may be unable to bear more than this kind of food. It is therefore desirable, in a work like this, to collect here the best recipes for food of this general description.

MEAT TEAS, BROTHS AND SOUPS.

Beef Tea.—Freshly-killed, lean, juicy beef is required for making beef tea. Shin of beef is often chosen, but it contains more gelatine than gravy. Fine steak, or the roll of the blade-bone of beef, are perhaps the best portions that can be chosen for the purpose. Take away every morsel of fat, skin, gristle, etc., and leave

nothing but the lean fibre; cut this into very small pieces, put it in a jar, and pour cold water over it, allowing, as a rule, a pint of water for a pound of meat. Let it soak for an hour, when the water should be red and the meat white; then cover it closely, and set the jar in a deep saucepan with boiling water to come half way up its height. Simmer by the side of the fire for two or three hours. Pour it out, skim from the surface with a spoon any particles of fat that may be seen, and take away the remainder with a sheet of clean paper. Season agreeably, and the beef tea is ready. If more convenient, the jar can be set in a cool oven instead of being placed in a saucepan of water.

Beef Tea.—(Another way of making it.) Prepare the meat as in the last recipe, and pour cold salted water over it. Let it soak for an hour or two, turn it into a perfectly clean saucepan, place it on the fire, and just before it begins to simmer skim it once carefully; put on the lid, and simmer for about a quarter of an hour. Strain through a coarse colander to keep back the meat only. When cold, remove the fat, and stir the broth before serving it.

Beef Tea Quickly Made.—Mince half a pound of the lean fibre of beef, and put it into a saucepan with half a pint of water. Let it come slowly to the boiling point, simmer for a few minutes (as long as can be allowed), season, strain, clear from fat, and serve.

Beef Tea Slightly Thickened.—When the addition is allowed, beef tea may be thickened by having a little

rice, barley, tapioca, or sago boiled with it. A tablespoonful of any one of these grains may be allowed for each quart of tea. They should be well washed and drained, then cooked in the liquid from the beginning, that they may be completely incorporated therein. Sometimes beef tea is thickened with a little arrowroot or cornflour. Very coarse oatmeal that has been soaked in water overnight, and simmered in beef tea till it is reduced to jelly, is sometimes much liked by invalids.

Beef Tea Flavoured.—Beef tea may be pleasantly flavoured by boiling in it a pinch of mixed herbs, a bay leaf or a little onion, carrot, turnip, or celery, and a few peppercorns. The roots should either be chopped small or be scraped to pulp, before being put into the broth.

Beef Tea with Egg.—Pour a cupful of hot beef tea upon a beaten egg, and serve.

Beef Juice.—In cases of exhaustion, the pure juice of meat is frequently administered. There are one or two ways of making it. It will not keep well; therefore a small quantity should be made at once.

Take freshly-killed meat full of gravy, remove skin, fat, and gristle, and cut the lean part into thin strips. Put it into a bottle or jar, cover closely, set it in a saucepan of cold water, and heat gradually for an hour. At no time should the heat rise above 160° Fahr. Press the meat, strain out the juice and gravy, add a little salt, and serve. The liquid should be red and clear, not brown. Half a pound of fine beef should yield about four tablespoonfuls of gravy. Beef that is lightly

broiled before being cut up yields more gravy than can be obtained from raw beef. The meat when done should be pink throughout, not brown, and the heat should have penetrated to the centre. When cut it may be squeezed in a lemon squeezer.

Another way of preparing beef juice or beef pulp is to mince it finely, put it into a basin, and pour a small quantity of cold water over it (half a pint of cold water to four ounces of minced beef); then pound it with a spoon till smooth. Let it stand a quarter of an hour, rub it through a wire sieve, add a little salt, and serve. This may be flavoured to taste.

To make beef juice with hydrochloric acid, take half a pound of good beef, free it from skin, fat, and gristle, and mince it finely. A satisfactory way of doing this is to pass it twice through a mincing machine. Put into a basin a cup of water and five drops of dilute hydrochloric acid. Stir the beef into this, and set it in a cool place. Strain, season, and serve cold. The hydrochloric acid for this purpose should be obtained "chemically pure." The dilute solution may be made "by mixing it in the proportion of five and one-half fluid ounces to fourteen ounces of water," or, more conveniently, the dilute hydrochloric acid of the British Pharmacopœia may be obtained from the chemist and used.

Various expedients are adopted to make beef juice look inviting, and to hide its raw taste from the patient. For these purposes the juice is served in a red glass, or coloured with a few drops of browning, and it is

flavoured with Liebig's extract, a few drops of Harvey's sauce, or milk in which celery or onion has been boiled. It must be remembered that beef juice must be administered in spoonfuls, and that it may either be cold or warmed to a comfortable *drinking*, not *sipping*, temperature, say, 110° to 120° Fahr. If it is made too hot it will be spoilt; if it boils it will curdle. But when it is to be warmed it should be put in a cup, and set in a saucepan of warm water on the fire, and allowed to heat gradually. In order to get the whole value of the meat, it is necessary either to convert the meat fibre into a pulp, as described above, by rubbing the meat through a fine wire sieve, after first mincing and then soaking it; or to predigest the meat by pancreatic or peptic ferments, directions for which are always given along with the ferment, to be obtained from the chemist.

Mutton Broth.—Take one pound of neck of mutton as lean as can be procured, or lean meat from any other part of the animal may be taken. Cut away all fat, skin, and gristle, and divide the meat into small pieces, put it into a stewpan with a quart of cold water, and simmer gently for three hours. Carefully remove the scum as it rises. Strain the broth, remove the fat first with a spoon, afterwards with paper; season, and serve hot. If there is time for the broth to go cold before being used, the fat can be more easily removed. To vary the flavour of mutton broth, a dessertspoonful of pearl barley or of rice (if allowed), a turnip, an onion,

a little celery, a pinch of herbs, or a couple of bay leaves may be stewed with the meat.

Veal Broth.—Cut a pound of knuckle of veal into small pieces, place these in a stewpan with three pints of water, and two tablespoonfuls of rice. Boil very gently for an hour and a half, or longer. If liked, to vary the taste, a few parsley leaves, a sprig of thyme and a lettuce leaf may be chopped small and simmered with the veal for five or six minutes—not longer, or the flavour will be spoilt—or a small blade of mace, a sprig or two of parsley, and one of thyme and marjoram, can be used.

Chicken Broth.—Pluck a fowl, draw it carefully, and remove everything that is not quite dainty—all fat, for example, and skin, if the bird is fully grown. Remove the head and feet also, wash the bird well, and cut the flesh into neat pieces; put these into a stewpan with rather less than two quarts of water. The liver and gizzard, after being carefully cleansed, may be cut into slices, and put with the rest. Simmer gently for two or three hours. Take out the pieces of fowl, and leave the broth until the next day. Take off the fat, and serve. Pepper and salt should be added by the nurse or invalid. If flavoured broth be desired, three or four sticks of celery, a blade of mace, and a sliced onion may be stewed with the meat.

The name of this drink, “chicken broth,” is rather misleading, for a more nourishing broth can be obtained from a fully-grown fowl than from a young chicken.

Chicken and Rice Broth.—Stir a tablespoonful of cooked rice (if allowed) and a beaten egg into a cupful of hot chicken broth. Stir over the fire for a minute, but do not let the soup boil.

Chicken Milk.—Clean a fowl carefully, cut it into small pieces, and break the bones. Put it into an enamelled saucepan with two or three peppercorns and a little salt, and the white part of a head of celery, barely cover it with cold water, bring it slowly to the boil, and simmer gently for four hours or more. Strain the broth into a bowl, and leave it till cold, when it should form a stiff clear jelly. Carefully remove the fat from the top by wiping this jelly with a napkin dipped into hot water and squeezed dry. Take equal quantities of the jelly and milk, put them into an enamelled pan, boil, skim, and serve.

Chicken Broth made from Giblets.—For the sake of economy, chicken broth is frequently made from the giblets of the bird—that is, from the feet, throat, gizzard, and liver. When this is done the fowl can be cooked to make a separate dish, and excellent results can be obtained in this way. Cleanse the giblets thoroughly, and be particularly careful to skin the feet, first pouring boiling water over them, and letting them lie in it for about a minute to loosen the skin. Put the cleansed giblets into a small saucepan with a pint of cold water, adding, if approved, a sprig of parsley, a small onion, a slice of carrot, and a little celery. Simmer very gently for two hours, then strain for use. If approved, this

broth may be flavoured with a tablespoonful of sherry and a squeeze of lemon juice, or it may have a teaspoonful of sago, rice, or tapioca boiled in it to give it consistency.

Veal and Tapioca Broth.—Break into small pieces a pound of knuckle of veal or a calf's foot, and simmer in a quart of water until the liquid is reduced by one half. Strain and skim. Turn it into a clean saucepan with a tablespoonful of soaked tapioca, and simmer for half an hour. Salt to taste. When the tapioca is clear, take it off the fire, add an egg lightly beaten and three tablespoonfuls of cream. Stir over the fire for a minute or two, long enough to set the egg, and serve. The broth must not boil after the egg is put into it.

N.B.—The several methods of treating beef in order to obtain the greatest amount of nourishment from the meat may each and all be applied to mutton, veal, chicken, or any other wholesome meat.

It is to be remembered that the only methods which ensure the whole value of the meat are those in which the pulp is prepared, or the meat is pre-digested by a suitable ferment. The ingenuity of the cook or nurse will show itself in covering any taste of rawness, or in rendering palatable what would else be insipid. On these points again consult the beef preparations.

Oyster Broth.—Take six or eight fresh oysters, chop them small, put them with their liquor into an enamelled saucepan, pour over them a cupful of cold milk, and bring the liquid slowly to the point of boiling. Simmer for a minute or two, strain through a fine sieve, season

with salt and white pepper, add a teaspoonful of cream, and serve.

Sometimes, instead of broth, a little soup is required for the invalid. For these the following suggestions are given.

Clear Soup is generally acceptable. The recipe for making it will be found on page 150. It is to be remembered that the recipe may be followed when a small quantity of soup only is needed, if all the ingredients are reduced in the same proportion.

When preparing the vegetable soups for which recipes are here given, it should be remembered that if necessary the flour thickening can be omitted. In Diabetes, for example, this may be advisable. The flour is merely put in to make the soup smooth and bind the ingredients together. It is not indispensable.

Celery Soup.—Wash a single head of celery, and boil it in as much salted water or chicken broth as will cover it. When quite tender rub it through a sieve. Mix a dessertspoonful of flour to a smooth paste with a little cold water, and pour on it three-quarters of a pint of hot milk. Season with pepper and salt, add the celery pulp, and a quarter of a pint of cream. Boil up once and serve. This soup may be flavoured with nutmeg.

Artichoke Soup is made in the same way. Half a bay leaf, and a little lean ham, or the bone of a rasher should be boiled with the artichokes.

Asparagus Soup is also made in the same way. The points of the asparagus should be cut off and put aside,

then thrown into the soup and boiled till tender, just before serving.

Onion Soup.—Boil a large onion with two ounces of stale crumb of bread. Cook till the onion is tender. Rub the whole through a sieve, add a pint of hot milk, season with pepper and salt, and serve. Onions are to be used with caution for invalids; sometimes they are beneficial, sometimes they hinder digestion; but in this soup they are likely to be as little harmful as can be expected.

Rice Cream Soup.—Wash two tablespoonfuls of Carolina rice, and then boil it gently in a pint of stock for about two hours, or till quite soft. A short time before it is done, put a slice of onion and a stick of celery into a pint of milk, and simmer. When the milk is pleasantly flavoured pour it over the rice, press the whole through a sieve, and add pepper and salt. Make the soup hot, stir a gill of scalded cream into it, and serve.

Tapioca Cream Soup.—Follow the above recipe, but substitute pearl tapioca that has been soaked overnight for the rice.

Vegetable Soup.—Take some cauliflower, asparagus, peas, or any vegetable that may be preferred, and cook it in the ordinary way. Drain it, put it in a saucepan and cover it well with milk. Let it simmer for a quarter of an hour, rub it through a sieve, season with salt and pepper, and serve.

Apple Soup.—Boil any quantity of apple in water

till quite soft, and crush it to pulp. For each half pint of water used allow a teaspoonful of corn-flour; mix it to a smooth paste with cold water, and add as much sugar, salt, and powdered cinnamon as will flavour the soup agreeably. Stir the paste into the apple, boil five minutes, and serve hot.

It is most important that soups and broths should never be sent to an invalid with globules of grease floating on the surface. It is generally easy to remove fat from broth by skimming. If the liquid is allowed to go cold, the fat can be skimmed off with a spoon; and should small particles still remain, pieces of thin white paper should be laid for a couple of seconds on the surface of the broth, and to these the grease will adhere. As the pieces of paper one after another become charged with grease, fresh pieces should be used until no more grease remains. When broth is hot, the grease may be made to rise quickly by plunging the vessel which contains it into cold water for a few minutes.

Milk is a food of great value in sickness (*see* p. 24). When it does not digest readily, it is often necessary to dilute it with whey or lime water. When it is desirable to add to its stimulating qualities, a little good beef tea may be put with it.

Whey.—Put a pint of milk into a saucepan, warm it to a little more than blood heat, or 100° Fahr.; then put with it two teaspoonfuls of essence of rennet, and set it in a warm place till the milk is set. Put the saucepan on the fire, and boil the milk again; the curd

will then harden and shrink, and can be removed with a spoon.

Whey can also be made by boiling a pint of milk with a teaspoonful or two of lemon juice or vinegar, or with a glass of sherry. The curd can then be separated from the whey by straining.

Lime water can be bought at the druggists'.

JELLIES.

Jellies may be regarded as liquid foods, because they melt when put into the mouth. They are often very acceptable to invalids.

Many people have an idea that although it may be allowable to make jelly of gelatine for table use, it is necessary to stew down calf's feet when making jelly for an invalid. This involves an expenditure both of time and trouble, and it is not an advantage if only the gelatine that is used is pure. Gelatine is always of animal origin, and it simply affords a medium for the presentation of food in an acceptable form. Its value depends more upon what is put with it, than upon the material itself. The following dishes are therefore made with gelatine.

Jelly for invalids should never be made hard and very stiff. Though firm, it should be tender and soft so that it will dissolve quickly.

Beef Jelly.—Prepare beef tea or beef juice in the usual way, and either boil with it a pound of knuckle

of veal, chopped, or add a teaspoonful of soaked gelatine to each quarter of a pint of tea. The gelatine should be boiled until dissolved, and stirred into the beef tea, which may then be left till firm.

Chicken Jelly is made of chicken broth, made firm with gelatine.

Wine Jelly.—Soak a tablespoonful of gelatine in a tablespoonful of cold water for an hour. Simmer a clove and a small piece of stick cinnamon about the size of a clove in half a pint of water till the liquid is well flavoured, then take out the spices, bring the water to the boil, and put in the soaked gelatine. Boil and skim well. Add sugar and sherry to taste, or, if approved, sherry and a small quantity of brandy may be used. Strain the jelly through a fine napkin, and when cool mould it in china, and set it in a cool place till firm. Sometimes the juice of half a lemon is substituted for the spice in this recipe. As jelly does not keep well, it is advisable not to make much at once.

Citric Acid Jelly.—Soak half an ounce of gelatine in a gill of water for an hour. Boil three ounces of loaf-sugar in half a pint of water, and remove the scum as it rises. Put in the soaked gelatine, and boil for five minutes, again removing the scum. Pour the liquid into a basin, stir in it until dissolved the eighth of an ounce of lump citric acid, skim again, add a glass of sherry, and mould it when it is quite cold and beginning to set.

Iceland Moss Jelly.—Wash an ounce of Iceland

moss in cold water, and soak it all night in as much water as will freely cover it, and to which has been added a small pinch of carbonate of soda. This will tend to take away the unpleasantly bitter taste. Take the moss out of the soda and water, and squeeze it dry, and boil it gently in a quart of water for five hours or more until the liquid is reduced to a pint. Strain it, sweeten, and flavour it with sugar, lemon juice, and wine, and mould when beginning to get firm. Iceland moss jelly is often made with milk instead of water.

Irish Moss Jelly.—Follow the above recipe exactly. Iceland moss jelly, and Irish moss jelly, and ivory dust jelly, the recipe for making which is below, are often ordered for people suffering from lung diseases.

Ivory Dust Jelly.—Buy half a pound of ivory dust from the druggist. Stir it into two quarts of water, and boil it gently all day, until the liquid part is reduced to one pint. Pour it into a basin, and let it get cold; take up the jelly part, leaving the sediment behind; flavour and clarify in the usual way, and mould when the jelly is beginning to set.

It is, perhaps, scarcely necessary to say that to clarify jelly we allow one egg for each pint of liquid; beat up the white and the crushed shell, stir it into the melted stock, and whisk over the fire until the jelly rises in the pan, draw it back, and let it stand a few minutes; then pass it through a jelly-bag or napkin, disturbing the crust as little as possible.

Hartshorn Jelly.—Follow the recipe given for ivory dust jelly.

Lemon Jelly.—Soak a tablespoonful of gelatine in water to cover it for an hour. Put it into a saucepan with half a pint of boiling water, stir it until melted, and add the strained juice of a large lemon, two tablespoonfuls of sugar, and a tablespoonful of brandy. Boil a few minutes, and remove the scum as it rises. The precise quantity of lemon juice and sugar used must depend on the taste of the patient.

If it is thought desirable to have the jelly bright and clear, it must be clarified. (*See IVORY DUST JELLY.*) The lemon juice will, however, clarify it to some extent, and the removal of the scum will assist the process.

Orange Jelly.—Follow the above recipe, but instead of using half a pint of boiling water, use a tablespoonful of lemon juice, six tablespoonfuls of orange juice, water to fill the half-pint measure, and sugar to taste.

Coffee Jelly.—Soak half an ounce of gelatine in half a pint of water for an hour, dissolve, and add a breakfast-cupful of strong, clear coffee. Sweeten to taste, mould, add a little cognac if liked, and serve when firm.

Tea Jelly.—Follow the recipe for coffee jelly, substituting strong freshly made tea for coffee. Tea and coffee jellies would not be nourishing, they would be simply reviving, and might serve to stimulate the appetite; invalids frequently like them very much. They are more nourishing when made with milk instead of water, and they are sometimes enriched by the addition

of a little cream. Whipped cream may also be served with them.

Fresh Fruit Jelly.—Draw out and sweeten agreeably the juice of any kind of fruit. Add the juice of a lemon and half an ounce of soaked and dissolved gelatine for each tumblerful of juice.

Tapioca Jelly.—Soak half a cupful of pearl tapioca in two cupfuls of water overnight. Turn into a double saucepan, or put in a jar, and set in a saucepan of water, and cook gently till clear. Add sugar to taste, and a little more water if too thick, and when taken off the fire, strain in the juice of a lemon and a little wine, if approved. Serve cold with milk or cream.

Arrowroot Jelly.—Mix two teaspoonfuls of Bermuda arrowroot to a smooth paste with cold water; stir into it half a pint of boiling water, and boil for three or four minutes. Sweeten agreeably, flavour with lemon juice, and serve cold.

Arrowroot Blancmange.—Follow the above recipe, but substitute milk for the water.

Tapioca Custard.—Soak half a cupful of pearl tapioca overnight in slightly salted water that will barely cover it. Next day turn into a double saucepan with two cups of milk, and cook gently, stirring frequently. When the tapioca is clear and quite tender, pour the preparation upon the yolks of two eggs which have been beaten with two tablespoonfuls of castor sugar. Mix well, then stir over the fire for a minute or two to cook the eggs. Turn into tumblers, and serve cold.

Tapioca Cream. — Stew a tablespoonful of small tapioca in half a pint of milk, sweeten and flavour with cinnamon, and set away to cool. Just before serving add a gill of cream which has been whipped till firm, and a tablespoonful of brandy if approved.

Blancmange.—See p. 207.

GRUELS.

Gruels are cooked mixtures of grain, or preparations of grain and water. After cooking, milk (sometimes wine) and various flavourers are added, but these extra ingredients should not be introduced until thorough cooking in water has first taken place, and the gruel should not be allowed again to reach the boiling point after milk, cream, or wine have been mixed with it.

Superior Gruel.—Take half a teacupful of coarse Scotch oatmeal, mix it smoothly with about a pint and a half of water, pour it into a saucepan, and set it by the side of the fire to cook gently for a considerable time, three or four hours. Stir it briskly from time to time, and add a little water now and again if it becomes very thick. When done, rub it patiently through a hair sieve, and do not use portions that will not go through. Boil it, mix an equal measure of boiling milk and a little cream with it, and serve. Sugar and flavouring can be added at discretion. It is to be remembered that though a little sugar much improves the taste of gruel, very sweet gruel is disliked by nearly all sick people.

Plain Gruel.—Put a pint of water on the fire to boil. Mix one tablespoonful of the best patent groats to a smooth paste with cold water. When the water on the fire is quite boiling, stir the paste into it, and continue to stir it for ten minutes. Season, and the gruel will then be ready for use.

Another Way.—Mix a tablespoonful of oatmeal to a smooth paste with cold water, add gradually a pint of boiling water, and boil for a quarter of an hour, or longer if there is time, stirring well to prevent the formation of lumps. Strain, season with salt or sugar, and add cream, wine or brandy, or the yolk of an egg if approved, and serve.

Another Way.—Put a cupful of oatmeal into a basin, and pour cold water over it to cover it. Stir it well, let it stand a few minutes, and pour off the thin liquid into a saucepan, leaving the sediment behind. Cover again with cold water, and repeat the above process two or three times until the water is no longer charged with meal. Boil the liquid for half an hour longer, season, and for every cupful allow half a cupful of cream. When pouring off the liquid it will, of course, be necessary to be careful lest any of the rough parts of the meal should escape into the saucepan.

Barley Gruel.—Barley is a nutritious grain, and a drink made from it is in some cases very acceptable. Gruel may be made both from whole barley and from barley flour.

To make it from pearl barley, take two ounces of the

barley, wash it well in one or two waters, and boil it gently in a quart of water for about two hours, or until the liquid is reduced by half. Strain it, and put it in a cool place. When wanted, season or sweeten it, and mix cream, milk, port wine, lemon juice, or flavouring with a small quantity only of the gruel. Barley gruel does not keep well, therefore it is a mistake to prepare much of it at one time.

To make barley gruel from barley flour, mix a tablespoonful of the prepared meal to a smooth paste with a small quantity of cold water, pour on a pint of boiling water, boil for ten minutes, strain, flavour, and serve very hot.

Barley Water. — Wash two ounces of barley, or, better still, boil it for a few minutes to cleanse it, and pour the water away; then simmer it gently in three pints of water for an hour or rather less. When half done put into it a piece of lemon peel and a little sugar. Strain, and it is ready for use.

Arrowroot. — Mix a dessertspoonful of Bermuda arrowroot to a smooth paste with cold water, pour on half a pint of boiling water or boiling milk, and stir it well. Put the preparation into a saucepan, stir till it is on the point of boiling; sweeten, flavour, and serve. Arrowroot may be flavoured with lemon rind or juice, nutmeg, cinnamon, wine, etc.

Rice Caudle. — Mix a tablespoonful of ground rice to a smooth paste with cold water, add a pint of boiling water, and boil for a quarter of an hour, stirring well. Sweeten or season, flavour, and serve.

DRINKS.

Water.—In many illnesses cold water is allowed to be used freely as a drink. It should, however, invariably be boiled and allowed to go cold **before** being drunk, and as boiling renders it somewhat “flat” and tasteless, it should, after boiling, be passed through a good filter which is well cleansed and recharged at stated periods (otherwise filters are quite useless), as this will aerate it again to some extent. To keep water cold in a sick room, put it in a stone jug, and wrap the vessel in a cloth kept constantly wet. Drinks for the sick are almost always most valuable when *cool*, rather than icy cold.

Toast Water.—This simple beverage is rarely well made. Take a slice of stale bread (crust is to be preferred, as the crumb will sooner turn sour), and toast it slowly all through without burning it. Let it go cold, then pour over it a quart of boiling water, and let it stand covered till cold. Strain it through muslin before serving it.

Toast Water and Cream.—Mix a tablespoonful of cream with half a tumbler of toast water. Add a little sugar, and serve cold.

Rice Water.—Wash two tablespoonfuls of rice, let it boil with a pint of water for ten minutes. Strain it off, and add a little more water, and repeat until there is no more goodness in the rice. If liked, an inch of stick cinnamon or a piece of ginger may be boiled with the rice, or a little salt may be added. A spoonful of sherry

or port may be mixed with the rice water if the patient may take or needs stimulants.

Lemonade.—Lemonade is the one beverage that is more popular with invalids than any other, yet it varies very much in quality. This is partly explained by the fact that some lemons are much juicier than others; therefore the cook in making it must, to some extent, be guided by her own judgment. For superior lemonade, it may be calculated that when lemons are large and juicy three lemons will be needed for a pint of water; when lemons are small or not juicy, four lemons will not be too much. The quantity of sugar employed must depend upon taste. In average cases, for lemons of moderate acidity, an ounce of sugar will probably be required for each lemon used. It is to be remembered also that though lemonade is frequently made with cold water, it has a better flavour when boiling water is used for it. When soaking the rind for the sake of its flavour, it should not be forgotten that the minutest portion of white pith, and also the pips, are likely to impart bitterness if allowed to remain. Many cooks do not seem able to realise that thin lemon rind ought to be so thin that it can almost be seen through.

When the quantity of lemons named is considered unnecessary, the following recipe may be used:—Pare off the yellow rind of a fresh lemon, and be careful not to take any of the white pith, as it would make the lemonade bitter. Put the thin rind into a jug with the strained juice of two lemons and about an ounce of loaf-

sugar. Pour over all a pint and a half of boiling water, and let the liquid stand till cold. Strain and serve. To make lemonade look inviting, nurses sometimes cut a very thin slice from the middle of the lemon before squeezing it, and when it has become cold serve it in a tumbler with the slice of lemon floating on the top.

A plainer lemonade, which ought, perhaps, to be named lemon drink rather than lemonade, may be made thus :—Peel thinly a large juicy lemon, and let the rind soak in water to cover it for an hour. Strain it, add the clear juice of the fruit and a pint and a half of boiling water. Strain when cold, and serve.

Lemonade made with barley water or with rice water is occasionally much liked.

Milk Lemonade.—Put a tablespoonful of loaf-sugar, two tablespoonfuls of lemon juice, and two tablespoonfuls of sherry into a bowl, and pour on a cupful of boiling water. Stir till the sugar is dissolved, add half a pint of cold milk, and stir again till the milk curdles. Strain for use.

Apple Water.—Slice without peeling a pound of apples, and boil in a quart of water till the fruit is soft. Strain through muslin, sweeten to taste, and serve when cold.

Milk and Soda Water.—Fill a glass half full of milk with soda water. Use at once.

Fruit Juice and Soda Water.—Express the juice from any sort of ripe, sound, fresh fruit, such as strawberries, raspberries, currants, oranges, apricots, peaches, apples,

etc. The best way to do this is to put the fruit in a jar with a closely-fitting lid, set the jar in a saucepan with boiling water round it, and let it stew till the juice flows freely. The firmer fruits will need to have a little water stewed with them. A little sugar should be added to the juice according to its acidity. When the fruit is melted, drain the juice from it without squeezing it; put about two tablespoonfuls of the syrup into a tumbler, and fill the vessel with soda water. If a couple of tablespoonfuls of cream may be used as well as the fruit, a delicious drink will be produced.

Coffee and Soda Water.—Strong coffee mixed with cream and soda water is occasionally liked by invalids.

EGG DRINKS.

Egg Beaten up with Brandy, Wine, or Milk.—Break an egg and take out the speck. Put with it a dessert-spoonful of white sugar and a pinch of salt, and beat it until well mixed, but not long enough to make the egg frothy. Add a cup of slightly warm milk and one or two tablespoonfuls of brandy, or two tablespoonfuls of sherry without the milk. Strain into a soda-water glass, and serve immediately.

Mulled Wine and Egg.—Put a gill of water, one clove, and a piece of stick cinnamon the size of a thumb-nail into a saucepan, and boil for ten minutes. Add a gill of wine, and let the mixture barely reach the boiling point. Have ready an egg beaten with a tablespoonful of white sugar. Pour the boiling liquid gently

into the egg, and stir well. The preparation should be of the consistency of cream. In very cold weather it may need to be put on the fire for another minute to finish cooking the egg.

White of Egg and Milk.—(Sometimes valuable in diarrhœa.) Beat the white of an egg, and mix with it a tumbler of milk, a teaspoonful of brandy, and half a tumblerful of soda-water.

Egg Lemonade.—Shake together in a bottle the white of an egg, a tumblerful of cold water, the juice of half a small lemon, and a teaspoonful of white sugar. Or beat a whole egg lightly, and add a tumblerful of strong sweet lemonade.

Egg Soup.—Beat an egg lightly, and stir it into a breakfast cupful of hot broth of any kind. Season with pepper and salt.

Egg Gruel.—Beat an egg, add pepper and salt, and pour on, stirring briskly, a teacupful of boiling water.

Egg Cordial.—Beat the white of an egg to a froth, add a tablespoonful of cream and a tablespoonful of brandy. Mix thoroughly.

Egg Drink.—(This drink has often been found acceptable in cases of dryness of the throat.) Mix a tablespoonful of the best arrowroot to a smooth paste with cold water. Add two tablespoonfuls of white sugar and the whites of two eggs which have been whisked with a little water. Add boiling water to make up the quantity to there pints, boil up once quickly, and stir whilst boiling.

Demme's Solution of White of Egg.—(Specially useful in many children's illnesses.) The whites of two eggs dissolved in, or diffused through, one and a half pints of water sweetened to taste. Cognac may be added to this according to the physician's prescription. Without the cognac the solution will be drunk as, and mistaken for, sweetened water.

THE END.



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